

# **EXERCISE GURU**



**SHAKEEL AHMED**

**CELL:**

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**PERSONAL TRAINER, CONSULTANT & SUPPLIER  
( BODY BUILDING, FITNESS & NUTRITION)**

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**ANY QUESTIONS/INQUIRES ABOUT BODY BUILDING,  
EXERCISES, & FITNESS ARE ANSWERED FOR FREE.**

**WE SUPPLY NUTRITIONAL SUPPLEMENTS (FOREIGN &  
PAKISTAND) ON WHOLE SALE RATES (INCLUDING OUR OWN  
FORMULAS). WE DEAL IN ALL MAJOR BRANDS.**

- 1) OPTIMUM NUTRITION**
- 2) MUSCLE TECH**
- 3) SIX STAR**
- 4) NUTRI SPORTS**
- 5) ULTIMATE NUTRTION**
- 6) ES**
- 7) TWIN LABS**
- 8) PRO LABS**
- 9) UNIVERSAL**
- 10) HEALTHY FIT**
- & MUCH MUCH MORE.**

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SIND  
ISLAMIC REPUBLIC OF PAKISTAN**

# ***LIST OF ROUTINES***

- 1) MUST ROUTINE***
- 2) PSYCOLOGICAL EFFECT TOTAL MASS ROUTINE***
- 3) MASS CUTTING ROUTINE FOR ENDOMORPH PHYSIC***
- 4) MODEL WORK OUT ROUTINE***
- 5) MASS FUEL ROUTINE***
- 6) DHAMAKA ROUTINE***
- 7) 4 DAYS SPLIT ROUTINE***
- 8) FAT BURNING ROUTINE***
- 9) GOAL MASS 5 DAY WORKOUT ROUTINE***
- 10) MUST MASS ROUTINE***
- 11) GUERILLA WORKOUT ROUTINE***
- 12) 3 DAY WORKOUT ROUTINE***
- 13) BEGINNER SUMMER PROGRAM***
- 14) SMART LOOKS ROUTINE***
- 15) COMMANDO EXERCISE ROUTINE***
- 16) SPORTS-CRICKET WORK-OUT***
- 17) SPORTS- FOOT BALL ROUTINE***
- 18) SIX WEEK THERAPY (ARMS)***
- 19) POWER BUILDING WORK OUT***
- 20) MUSCLES & MUSCLES***
- 21) MUSCLES FACTORY***
- 22) TOTAL MASS ROUTINE***
- 23) FILM STAR JOHN ABRAHAM WORK OUT***
- 24) FILM STAR SHAH RUKH KHAN***
- 25) FILM STAR SALMAN KHAN***
- 26) FILM STAR AMIR KHAN***
- 27) BODY SHAPING WORK-OUT FOR ENDOMORPH IN 8 WEEKS***
- 28) TOTAL MASS & MUSCLE DEFINATION***
- 29) NEW FITNESS ROUTINE***
- 30) NEW BIGGER EXERCISE ROUTINE***
- 31) CHALLENGE***
- 32) MASS FUEL***
- 33) 4 DAY ROUTINE***
- 34) SHORT & HEAVY WORK OUT***
- 35) CUTS & MASS WORK OUT***
- 36) WEIGHT STRIPPING ROUTINE\_ WINTER POWER WORK OUT***
- 37) ALL ROUND MUSCLES & MASS***
- 38) I AM! MUSCULER***
- 39) EXPLODING MASS ROUTINE***
- 40) 6 STAR WORK OUT***
- 41) EXERCISE COLLECTION***

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## ***LIST OF DIET PROGRAMS***

- 1) FAT BURNING/LEAN DIET***
- 2) DIET FOR MUSCLES***
- 3) DIET FOR MASS***
- 4) DIET FOR BULK UP***
- 5) PROFESSIONAL DIET CHART***
- 6) BEST SUPPLEMENTS***
- 7) DIET CHART ROUTINE NO. 27***
- 8) FOODS FOR BULK UP***
- 9) DIET FOR CUTS & SHAPE***
- 10) THE GREAT GREAT FOOD SUPPLEMENTS***
- 11) I AM MUSCULAR DIET ROUTINE NO. 38***
- 12) 4 WEEKS WEIGHT LOSS PROGRAM***
- 13) 3 WEEKS WEIGHT LOSS DIET PROGRAM***

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**BY**  
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**DO NOT FOLLOW THE SAME EXERCISE  
ROUTINE FOR A LONG TIME; YOU  
MUST HAVE TO CHANGE IT TO SHOCK  
YOUR MUSCLES.**

# MUST ROUTINE

## DAY ONE

### LEGS & CHEST:-

#### LEGS

1) DUMBBELL SQUATS	3 SETS 5 REPS
2) LEG CURL	3 SETS 5 REPS
3) STANDING CALF RAISE	3 SETS 10 REPS

#### CHEST

1) INCLINE DUMBBELL FLY	3 SETS 25 REPS
2) FLAT BENCH PRESS	5 SETS 5 REPS
3) INCLINE DUMBBELL PRESS	3 SETS 10 REPS
4) FLAT DUMBBELL FLY	3 SETS 25 REPS

#### LATS/WINGS (WARM UP)

REVERSE PULL DOWN	3 SETS 15 REPS
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# MUST ROUTINE

## DAY TWO

### WINGS & TRAPS:-

#### WINGS

- |                                   |                |
|-----------------------------------|----------------|
| 1) CLOSE GRIP PULL DOWN           | 3 SETS 5 REPS  |
| 2) BEND OVER DUMBBELL ROWS        | 3 SETS 25 REPS |
| 3) SEATED CABLE ROWS              | 3 SETS 5 REPS  |
| 4) REVERSE BEND OVER DUMBBELL ROW | 3 SETS 25 REPS |

#### TRAPS

- |                                  |                |
|----------------------------------|----------------|
| 1) TWO ARM DUMBBELL UPRIGHT ROWS | 3 SETS 25 REPS |
| 2) SEATED DUMBBELL SHRUGS        | 3 SETS 5 REPS  |
| 3) CABLE UPRIGHT ROWS            | 3 SETS 25 REPS |

#### LEGS (WARM UP)

- |           |                |
|-----------|----------------|
| LEG PRESS | 3 SETS 15 REPS |
|-----------|----------------|

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# MUST ROUTINE

## DAY THREE

### TRICEPS & BICEPS:-

#### TRICEPS

- |                             |                |
|-----------------------------|----------------|
| 1) CLOSE GRIP BENCH PRESS   | 3 SETS 5 REPS  |
| 2) LYING FRENCH CURL        | 3 SETS 5 REPS  |
| 3) PUSH DOWN                | 3 SETS 15 REPS |
| 4) OVER HEAD ROPE PUSH DOWN | 3 SETS 25 REPS |

#### BICEPS

- |                                   |                |
|-----------------------------------|----------------|
| 1) STANDING BARBELL CURL          | 3 SETS 5 REPS  |
| 2) TWO ARM DUMBBELL PREACHER CURL | 3 SETS 5 REPS  |
| 3) STANDING CABLE CURL            | 3 SETS 15 REPS |
| 4) HAMMER CURL                    | 3 SETS 25 REPS |

#### FORE ARMS (WARM UP)

- |                    |                |
|--------------------|----------------|
| REVERSE CABLE CURL | 3 SETS 15 REPS |
| WRIST CURL         | 3 SETS 15 REPS |

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# MUST ROUTINE

## DAY FOUR

### LEGS & CHEST:-

#### LEGS

- |                          |                |
|--------------------------|----------------|
| 1) LEGS EXTENSION        | 3 SETS 5 REPS  |
| 2) HACK SQUAT            | 3 SETS 10 REPS |
| 3) HACK SQUAT CALF RAISE | 3 SETS 10 REPS |

#### CHEST

- |                                |                |
|--------------------------------|----------------|
| 1) INCLINE BARBELL BENCH PRESS | 3 SETS 5 REPS  |
| 2) FLAT DUMBBELL PRESS         | 3 SETS 10 REPS |
| 3) SEATED CHEST/BENCH PRESS    | 3 SETS 5 REPS  |
| 4) DECLINE DUMBBELL FLY        | 3 SETS 10 REPS |

#### SHOULDERS/DELTS (WARM UP)

- |                           |                |
|---------------------------|----------------|
| CABLE SIDE LATERAL RAISES | 3 SETS 15 REPS |
|---------------------------|----------------|

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# MUST ROUTINE

## DAY FIVE

### TRICEPS & BICEPS:-

#### TRICEPS

- |                               |                |
|-------------------------------|----------------|
| 1) ONE ARM PUSH DOWN          | 3 SETS 25 REPS |
| 2) LYING DUMBBELL FRENCH CURL | 3 SETS 5 REPS  |
| 3) OVER HEAD PUSH DOWN        | 3 SETS 5 REPS  |
| 4) ONE ARM REVERSE PUSH DOWN  | 3 SETS 25 REPS |

#### BICEPS

- |                                       |                |
|---------------------------------------|----------------|
| 1) ONE ARM CABLE CURL                 | 3 SETS 25 REPS |
| 2) LYING DUMBBELL CURL                | 3 SETS 5 REPS  |
| 3) STANDING CABLE CURL (UPPER PULLEY) | 3 SETS 5 REPS  |
| 4) ONE ARM REVERSE CABLE CURL         | 3 SETS 25 REPS |

#### SHOULDER (WARM UP)

SEATED BEND OVER DUMBBELL LATERAL RAISE 3  
SETS 15 REPS

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# MUST ROUTINE

## DAY SIX

### SHOULDER & TRAPS:-

#### SHOULDERS

- |                                |                |
|--------------------------------|----------------|
| 1) MILITARY PRESS              | 3 SETS 5 REPS  |
| 2) STANDING HALF SIDE LATERAL  | 3 SETS 25 REPS |
| 3) BARBELL REVERSE FRONT PRESS | 3 SETS 10 REPS |
| 4) CABLE REVERSE FRONT RAISE   | 3 SETS 10 REPS |

#### TRAPS

- |                                   |                |
|-----------------------------------|----------------|
| 1) ALTERNATE DUMBBELL UPRIGHT ROW | 3 SETS 15 REPS |
| 2) ONE ARM CABLE UPRIGHT ROW      | 3 SETS 15 REPS |
| 3) SEATED DUMBBELL SHRUGS         | 3 SETS 15 REPS |

#### BICEPS & TRICEPS (WARM UP)

**MACHINE PREACHER CURL WITH PUSH DOWN 3 SETS  
15 + 15 REPS**

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# **PSYCHOLOGICAL EFFECT TOTAL MASS ROUTINE**

## **DAY 1**

### **CHEST**

**1) FLAT DUMBBELL FLY**  
**SHOULDERS**

**3 SETS 15 REPS**

**1) MILITARY PRESS**  
**CHEST**

**3 SETS 5 REPS**

**1) FLAT BENCH PRESS**  
**2) PEC DECK FLY**  
**WINGS**

**3 SETS 5 REPS**

**3 SETS 15 REPS**

**1) REVERSE PULL DOWN**  
**CHEST**

**3 SETS 5 REPS**

**1) INCLINE DUMBBELL PRESS**  
**2) INCLINED DUMBBELL FLY**

**3 SETS 5 REPS**

**3 SETS 15 REPS**

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# **PSYCHOLOGICAL EFFECT TOTAL MASS ROUTINE**

## **DAY 2**

### **SHOULDER**

**1) BEHIND THE NECK PRESS                      3 SETS 5 REPS**  
**CHEST**

**1) INCLINED BENCH PRESS                      3 SETS 5 REPS**  
**SHOULDERS**

**1) OVER HEAD DUMBBELL PRESS              3 SETS 5 REPS**  
**2) REVERSE BUTTER FLY                      3 SETS 15 REPS**  
**WINGS**

**1) CLOSE GRIP T BAR ROWS                      3 SETS 5 REPS**  
**FRONT SHOULDER**

**1) FRONT BARBELL PRESS                      3 SETS 5 REPS**  
**2) TWO ARM DUMBBELL FRONT RAISE      3 SETS 15**  
**REPS**

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## PSYCHOLOGICAL EFFECT TOTAL MASS ROUTINE

## DAY 3

## CALVES

## **D) STANDING CALF RAISE**

### 3 SETS 15 REPS

## **D LEG PRESS**

### 3 SETS 5 REPS

**BICEP BARBELL CURL**  
**TRICEP**

**3 SETS 5 REPS**

**D LYING DUMBBELL FRENCH CURL 3 SETS 15 REPS  
FOREARMS**

## HAMMER CURL BICEP

**3 SETS 25 REPS**

## D ALTERNATE DUMBBELL CURL TRICEP

**3 SETS 15 REPS**

## D LYING FRENCH CURL

### 3 SETS 5 REPS

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# **PSYCHOLOGICAL EFFECT TOTAL MASS ROUTINE**

## **DAY 4**

### **WINGS**

**D CLOSE GRIP PULL DOWN                      3 SETS 5 REPS**  
**TRAPS**

**D CABLE UP RIGHT ROW                      3 SETS 15 REPS**  
**UPPER BACK**

**D WIDE GRIP BEND OVER BARBELL ROW 3 SETS 15**  
**REPS**  
**TRAPS**

**D BACK BARBELL SHRUGS (SMITH MACHINE) 3**  
**SETS 5 REPS**  
**WINGS**

**D STRAIGHT ARM PUSH DOWN              3 SETS 15 REPS**  
**TRAPS**

**D SEATED DUMBBELL SHRUGS              3 SETS 5 REPS**  
**UPPER BACK**

**D WIDE GRIP T-BAR ROW                      3 SETS 5 REPS**

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# **PSYCHOLOGICAL EFFECT TOTAL MASS ROUTINE**

## **DAY 5**

### **CALVES**

**1) TOE PRESS 3 SETS 15 REPS**  
**THIGHS**

**1) BARBELL SQUATS 3 SETS 5 REPS**  
**2) LEG CURL 3 SETS 15 REPS**  
**CHEST**

**1) DECLINE BARBELL PRESS 3 SETS 5 REPS**  
**2) INCLINE DUMBBELL PULLOVER 3 SETS 10 REPS**  
**(HOLD FOR 10 SECONDS, AFTER PULL DOWN)**  
**3) SEATED CHEST/BENCH PRESS 3 SETS 5 REPS**  
**TRICEP**

**1) INCLINE E-Z BAR FRENCH CURL 3 SETS 5 REPS**  
**2) DECLINE DUMBBELL FRENCH CURL 3 SETS 15 REPS**  
**3) OVER HEAD ROPE PUSH DOWN (UPPER PULLEY) 3 SETS 5 REPS**

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# **PSYCHOLOGICAL EFFECT TOTAL MASS ROUTINE**

## **DAY 6**

### **WINGS**

**1) REVERSE STRAIGHT ARM PUSH DOWN 3 SETS 15 REPS**

### **SHOULDERS**

**1) INCLINE BARBELL FRONT RAISE 3 SETS 10 REPS  
(USE 8 KG FIXED BARBELL ONLY)**

### **BACK**

**1) WIDE GRIP SEATED CABLE ROWS 3 SETS 5 REPS**  
**BACK SHOULDERS**

**1) FLAT DUMBBELL LATERAL RAISE 3 SETS 15 REPS**  
**WINGS**

**1) BACK LAT PULL DOWN 3 SETS 15 REPS**  
**SHOULDERS**

**1) BEHIND THE NECK PRESS (SMITH MACHINE) 3 SETS 5 REPS**  
**BICEPS**

**1) INCLINED E-Z BAR WIDE GRIP CURL 3 SETS 15 REPS**

**2) 90 DEGREES PREACHER CURL 3 SETS 5 REPS**

**3) CONCENTRATION CURL 3 SETS 15 REPS**

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# **MASS CUTTING ROUTINE FOR ENDOMORPH PHYSIC**

## **CIRCUIT 1**

**WALKER**

**15 MINUTES**

**1) BENCH PRESS WITH HYPER EXTENSION 3 SETS  
15 REPS**

**2) BACK LAT PULLDOWN WITH BEHIND THE NECK  
PRESS 3 SETS 15 REPS**

**3) CABLE UPRIGHT ROW WITH HANGING LEG RAISE  
3 SETS 15 REPS**

**4) LEG PRESS WITH TOE PRESS 3 SETS 15 REPS**

**5) TRICEP PUSH DOWN WITH MACHINE PREACHER  
CURL 3 SETS 15 REPS**

**6) FORWARD CRUNCH WITH TWISTER (2 MINUTES)  
3 SETS 15 REPS**

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# **MASS CUTTING ROUTINE FOR ENDOMORPH PHYSIC**

## **CIRCUIT 2**

**1) BODY JACK WITH BEND OVER STICK 3 SETS 25 REPS**

**2) INCLINE DUMBBELL PRESS WITH BEND OVER LATERAL RAISE 3 SETS 25 REPS**

**3) CLOSE GRIP PULL DOWN WITH BACK BARBELL SHRUGS 3 SETS 25 REPS**

**4) LEG PRESS WITH DUMBBELL SIDE LATERAL RAISE 3 SETS 25 REPS**

**5) E-Z BAR WIDE GRIP PREACHER CURL WITH OVERHEAD DUMBBELL EXTENSION 3 SETS 25 REPS**

**6) HANGING LEG RAISE WITH SIT UPS 3 SETS 25 REPS**

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# **MASS CUTTING ROUTINE FOR ENDOMORPH PHYSIC**

## **CIRCUIT 3**

**1) LEG EXTENSION 3 SETS 5 REPS WITH LYING LEG  
RAISE 3 SETS 50 REPS**

**2) FLAT DUMBBELL PRESS 3 SETS 5 REPS WITH  
REVERSE CRUNCH 3 SETS 50 REPS**

**3) OVER HEAD DUMBBELL PRESS 3 SETS 5 REPS  
WITH SIDE STICK 3 SETS 50 REPS**

**4) REVERSE CABLE ROW 3 SETS 5 REPS WITH  
HYPER EXTENSION 3 SETS 50 REPS**

**5) FRONT BARBELL SHRUGS WITH SEATED  
DUMBBELL SHRUGS 3 SETS 5 REPS**

**6) WIDE GRIP STANDING BARBELL CURL 5 SETS 5-  
5-5-5-5 REPS WITH OVER HEAD DUMBBELL  
EXTENSION 3 SETS 5 REPS**

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## **MASS CUTTING ROUTINE FOR ENDOMORPH PHYSIC**

### **CIRCUIT 4**

**1) ONE ARM CABLE CURL 3 SETS 5 REPS WITH ONE  
ARM REVERSE CABLE CURL 3 SETS 15 REPS**

**2) ONE ARM PUSH DOWN 3 SETS 5 REPS ONE ARM  
REVERSE PUSH DOWN 3 SETS 15 REPS**

**3) DECLINE DUMBBELL FLY 3 SETS 15 REPS WITH  
INCLINE REAR LATERAL RAISE 3 SETS 15 REPS**

**4) LEG CURL WITH INCLINED LEG RAISE 3 SETS 15  
REPS**

**5) STRAIGHT ARM PUSH DOWN WITH CABLE FRONT  
RAISE 3 SETS 15 REPS**

**6) CABLE CROSS OVER WITH FLAT BENCH  
FORWARD RAISE 3 SETS 15 REPS**

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# **MASS CUTTING ROUTINE FOR ENDOMORPH PHYSIC**

## **CIRCUIT 5**

**1) HACK SQUAT WITH LEG PRESS WITH FREE  
SQUAT WITH HANGING RAISE SETS 3 15+15+15+15  
REPS**

**2) DECLINE BARBELL PRESS WITH DUMBBELL PULL  
OVER WITH PEC DECK FLY WITH ROPE CRUNCH  
3 SETS 15+15+15+15 REPS**

**3) PUSH DOWN WITH REVERSE PUSH DOWN WITH  
OVER HEAD DUMBBELL EXTENSION WITH LYING  
LEG RAISE 3 SETS 15+15+15+15 REPS**

**4) MILITARY PRESS 3 SETS 5 REPS**

**5) STANDING BARBELL CURL 3 SETS 5 REPS**

**6) CLOSE GRIP PULL DOWN 3 REPS 5 REPS**

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# **MASS CUTTING ROUTINE FOR ENDOMORPH PHYSIC**

## **CIRCUIT 6**

**1) BACK LAT PULL DOWN WITH FRONT PULL DOWN  
WITH REVERSE PULL DOWN WITH BODY TWIST  
WHEEL 3 SETS 15+15+15 REPS + 2 MINUTES**

**2) SIDE LATERAL DUMBBELL RAISE WITH FRONT  
RAISE WITH OVERHEAD DUMBBELL PRESS WITH  
DUMBBELL UP RIGHT ROWS 3 SETS 15+15+15+15  
REPS**

**3) E-Z BAR WIDE GRIP PREACHER CURL WITH  
MACHINE PREACHER CURL WITH STANDING  
BARBELL CURL WITH REVERSE CABLE CURL 3  
SETS 15+15+15+15 REPS**

**4) SQUATS 3 SETS 5 REPS**

**5) BENCH PRESS 3 SETS 5 REPS**

**6) CLOSE GRIP BENCH PRESS 3 SETS 5 REPS**

**DAILY 100 GRAMS PROTEIN IS A MUST OR YOUR  
FUTURE WILL BUST!**

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# **MODEL WORKOUT ROUTINE**

## **CIRCUIT 1**

- |  |                       |
|--|-----------------------|
| <b>1) HACK SQUAT</b>                   | <b>3 SETS 15 REPS</b> |
| <b>2) DUMBBELL SIDE LATERAL RAISE</b>  | <b>3 SETS 15 REPS</b> |
| <b>3) PARELLEL BAR DIPS</b>            | <b>3 SETS 15 REPS</b> |
| <b>4) MACHINE BENCH PRESS</b>          | <b>3 SETS 15 REPS</b> |
| <b>5) LEG EXTENSION</b>                | <b>3 SETS 15 REPS</b> |
| <b>6) BUTTERFLY</b>                    | <b>3 SETS 15 REPS</b> |
| <b>7) INCLINE BENCH FORWARD CRUNCH</b> | <b>3 SETS 15 REPS</b> |

## **CIRCUIT 2**

- |                                   |                       |
|-----------------------------------|-----------------------|
| <b>1) BACK LAT PULL DOWN</b>      | <b>3 SETS 15 REPS</b> |
| <b>2) BEHIND THE NECK PRESS</b>   | <b>3 SETS 15 REPS</b> |
| <b>3) SEATED BENCH PRESS</b>      | <b>3 SETS 15 REPS</b> |
| <b>4) MACHINE PULL OVER</b>       | <b>3 SETS 15 REPS</b> |
| <b>5) FRONT LAT PULL DOWN</b>     | <b>3 SETS 15 REPS</b> |
| <b>6) OVER HEAD DUMBBEL PRESS</b> | <b>3 SETS 15 REPS</b> |
| <b>7) HANGING LEG RAISE</b>       | <b>5 SETS 25 REPS</b> |

## **CIRCUIT 3**

- |   |                       |
|---|-----------------------|
| <b>1) HYPER EXTENSION</b>               | <b>4 SETS 25 REPS</b> |
| <b>2) LEG PRESS</b>                     | <b>4 SETS 25 REPS</b> |
| <b>3) STANDING CABLE CURL</b>           | <b>4 SETS 25 REPS</b> |
| <b>4) TRICEPS PUSH DOWN</b>             | <b>4 SETS 25 REPS</b> |
| <b>5) MACHINE PREACHER CURL</b>         | <b>4 SETS 25 REPS</b> |
| <b>6) STANDING REVERSE CURL</b>         | <b>4 SETS 25 REPS</b> |
| <b>7) BICEPS REVERSE PUSH DOWN</b>      | <b>4 SETS 25 REPS</b> |
| <b>8) MACHINE REVERSE PREACHER CURL</b> | <b>3 SETS 25 REPS</b> |

# **ABS WORKOUT**

## **DAY 1**

- |                              |                       |
|------------------------------|-----------------------|
| <b>1) HANGING LEG RAISE</b>  | <b>5 SETS 20 REPS</b> |
| <b>2) HANGING KNEE RAISE</b> | <b>5 SETS 25 REPS</b> |
| <b>3) INCLINE LEG RAISE</b>  | <b>5 SETS 20 REPS</b> |
| <b>4) INCLINE KNEE RAISE</b> | <b>5 SETS 20 REPS</b> |
| <b>5) WALK</b>               |                       |

## **DAY 2**

- |                                   |                       |
|-----------------------------------|-----------------------|
| <b>1) FLAT LEG RAISE</b>          | <b>5 SETS 20 REPS</b> |
| <b>2) FLAT KNEE RAISE (LYING)</b> | <b>5 SETS 25 REPS</b> |
| <b>3) INCLINE FORWARD CRUNCH</b>  | <b>5 SETS 25 REPS</b> |
| <b>4) HYPER EXTENSION</b>         | <b>5 SETS 20 REPS</b> |
| <b>5) BODY JACK</b>               | <b>5 SETS 25 REPS</b> |

## **DAY 3**

- |                           |                       |
|---------------------------|-----------------------|
| <b>1) WALK</b>            | <b>30 MINUTES</b>     |
| <b>2) BEND OVER STICK</b> | <b>5 SETS 25 REPS</b> |
| <b>3) GOOD MORNING</b>    | <b>5 SETS 25 REPS</b> |
| <b>4) SIDE STICK</b>      | <b>5 SETS 25 REPS</b> |
| <b>5) TWIST CRUNCHES</b>  | <b>5 SETS 15 REPS</b> |

**REPEAT EVERY THING ON DAY 4 & 5 & PROTEIN  
INTAKE IS A MUST!**

**SHAKEEL AHMED**

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**0336/2789796**

**0345/2303009**

# MASS FUEL

## DAY 1

### CHEST

**1) BENCH PRESS 4 SETS 10+5+5+25**

**2) PUSH UPS 3 SETS TO FAILURE**

**3) INCLINE BENCH PRESS 3 SETS 5 REPS**

**4) DUMBBELL PULL OVER 3 SETS 25 REPS**

**5) CLOSE GRIP COMMANDO BENCH PRESS 3  
SETS 25 REPS**

**6) PEC DECK 3 SETS 5 REPS**

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# MASS FUEL

## DAY 2

### BICEPS

**1) CONCENTRATION CURL                      3 SETS 25 REPS**

**2) STANDING BARBELL CURL            3 SETS 5 REPS**

**3) CLOSE GRIP PULL UPS            3 SETS TO FAILURE**

**4) E-Z PREACHER WIDE GRIP CURL 3 SETS 5  
REPS**

**5) ALTERNATE DUMBBELL CURL 3 SETS 25  
REPS**

**6) MACHINE PREACHER CURL            3 SETS 5 REPS**

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# MASS FUEL

**DAY 3**

## **LEGS & BACK**

**1) SQUATS 3 SETS 5 REPS**

**2) STIFF LEGGED DEAD LIFT ON SMITH  
MACHINE 3 SETS 10 REPS (HEAVY)**

**3) V-GRIP PULL DOWN 3 SETS 25 REPS**

**4) BACK PULL UPS 3 SETS TO FAILURE**

**5) CLOSE GRIP T-BAR ROW 3 SETS 5 REPS**

**6) SEATED CABLE ROW 3 SETS 5 REPS**

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# MASS FUEL

DAY 4

## TRICEPS

**1) SEATED FRENCH CURL WITH E-Z BAR 3  
SETS 5 REPS**

**2) CLOSE GRIP BENCH PRESS WITH E-Z BAR  
3 SETS 5 REPS**

**3) REVERSE PUSH UP 3 SETS TO FAILURE**

**4) REVERSE PUSH DOWN 3 SETS 25 REPS**

**5) INCLINE DUMBBELL FRENCH CURL 3 SETS  
25 REPS**

**6) OVER HEAD REVERSE PUSH DOWN 3 SETS  
25 REPS**

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# **MASS FUEL**

**DAY 5**

## **SHOULDERS & TRAPS**

**1) WIDE GRIP BARBELL FRONT RAISE 3 SETS  
5 REPS**

**2) ARNOLD PRESS 3 SETS 25 REPS**

**3) PARALLEL BAR DIPS 3 SETS TO FAILURE**

**4) ALTERNATE DUMBBELL UP RIGHT ROWS 3  
SETS 5 REPS**

**5) BACK BARBELL SHRUGS 3 SETS 5 REPS**

**6) MILITARY PRESS WITH SIDE LATERAL  
CABLE RAISE 3 SETS 5-10-15 REPS**

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# MASS FUEL

**DAY 6**

## **BICEPS & TRICEPS**

- 1) STANDING ALTERNATE DUMBBELL CURL 2 SETS 5 REPS**
- 2) LYING ALTERNATE DUMBBELL FRENCH CURL 2 SETS 15+5 REPS**
- 3) STANDING HAMMER CURL 3 SETS 5 REPS**
- 4) STANDING ALTERNATE CABLE CURL 3 SETS 15 REPS**
- 5) BARBELL SEATED FRENCH CURL 2 SETS 5 REPS**
- 6) CONCENTRATION CURL 2 SETS 5+15 REPS**
- 7) ONE ARM DUMBBELL EXTENSION 2 SETS 15+5 REPS**

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# **DHAMAKA ROUTINE**

## **DAY 1**

### **CHEST, SHOULDER & TRAPS**

**1) INCLINE BENCH PRESS      3 SETS 5 REPS**

**2) MILITARY PRESS                      3 SETS 5 REPS**

**3) OVER HEAD DUMBBEL PRESS 3 SETS 5  
REPS**

**4) UP SIDE DUMBBEL LATERAL 3 SETS 10  
REPS**

**5) WIDE GRIP FRONT BARBELL SHRUGS 3  
SETS 5 REPS**

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# **DHAMAKA ROUTINE**

## **DAY 2**

### **LOWER & UPPER BACK**

- 1) SMITH MACHINE DEAD LIFT 3 SETS 5 REPS**
- 2) BACK LAT PULL DOWN (NEUTRAL GRIP) 3 SETS 5 REPS**
- 3) REVERSE T-BAR ROW 3 SETS 5 REPS**
- 4) WIDE GRIP SEATED CABLE ROWS 3 SETS 5 REPS**

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# **DHAMAKA ROUTINE**

## **DAY 3**

### **OUTER BICEPS**

- 1) STANDING E-Z BAR CURL (CLOSE GRIP) 3 SETS 5 REPS**
- 2) STANDING CLOSE GRIP CABLE CURLS  
3 SETS 5 REPS**
- 3) CONCENTRATION CURL 3 SETS 5  
REPS**
- 4) 90 DEGREE CURL 3 SETS 5 REPS**
- 5) STANDING BARBELL CURL (CLOSE GRIP) 3 SETS 5 REPS**

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# DHAMAKA ROUTINE

## DAY 4

# CHEST

**D PEC DECK FLY                      3 SETS 5 REPS**

## 2) SEATED BENCH PRESS 3 SETS 5 REPS

### 3) BENCH PRESS 3 SETS 5 REPS

**4) 90 DEGREES INCLINE BENCH PRESS ON SMITH MACHINE 3 SETS 5 REPS**

**5) CABLE CROSS OVER                      3 SETS 5 REPS**

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# **DHAMAKA ROUTINE**

**DAY 5**

## **TRICEPS**

**1) CLOSE GRIP BENCH PRESS 3 SETS 5 REPS**

**2) TWO ARM DUMBBELL KICK BACK 3 SETS 5 REPS**

**3) ONE ARM REVERSE PUSH DOWN 3 SETS 5 REPS**

**4) OVER HEAD DUMBBELL EXTENSION 3 SETS 5 REPS**

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# **DHAMAKA ROUTINE**

**DAY 6**

## **TRICEPS & BICEPS**

**1) DUMBBEL HAMMER PREACHER CURL 3  
SETS 5 REPS**

**2) BARBELL DECLINE FRENCH CURL 3  
SETS 5 REPS**

**3) E-Z BAR INCLINE FRENCH CURL 3 SETS  
5 REPS**

**4) 90 DEGREE PREACHER HAMMMER CURL  
WITH DUMBBELL 3 SETS 5 REPS**

## **SUPER SETS**

**1) ONE HAND DUMBBELL EXTENSION WITH  
CONCENTRATION CURL 3 SETS 5+5 REPS**

**2) REVERSE PUSH DOWN WITH MACHINE  
PREACHER CURLS 3 SETS 15+15 REPS**

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# **4 DAYS SPLIT ROUTINE**

## **DAY 1**

### **LEGS & CHEST**

#### **LEGS**

- |                               |                       |
|-------------------------------|-----------------------|
| <b>1) BARBELL SQUATS</b>      | <b>3 SETS 5 REPS</b>  |
| <b>2) LEG PRESS</b>           | <b>3 SETS 5 REPS</b>  |
| <b>3) STANDING CALF RAISE</b> | <b>3 SETS 15 REPS</b> |

#### **CHEST**

- |                                   |                      |
|-----------------------------------|----------------------|
| <b>1) BENCH PRESS</b>             | <b>3 SETS 5 REPS</b> |
| <b>2) INCLINED DUMBBELL PRESS</b> | <b>3 SETS 5 REPS</b> |
| <b>3) PEC DECK FLY</b>            | <b>3 SET 15 REPS</b> |

### **BICEP & TRICEP WARM UP**

- 1) ONE HAND DUMBBELL EXTENSION WITH  
CONCENTRATION CURL (SUPER SET) 3 SETS  
15 + 15 REPS**

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# **4 DAYS SPLIT ROUTINE**

## **DAY 2**

### **BACK & TRAPS**

#### **BACK**

- 1) CLOSE GRIP T-BAR ROW 3 SETS 5 REPS**
- 2) SEATED CABLE ROWS 3 SETS 5 REPS**
- 3) BACK/REAR PULL UPS 3 SETS 15 REPS**

#### **TRAPS**

- 1) SEATED DUMBBELL SHRUGS 3 SETS 5 REPS**
- 2) FRONT BARBELL SHRUGS (SMITH MACHINE) 3 SETS 5 REPS**
- 3) CABLE UPRIGHT ROWS 3 SETS 15 REPS**

### **BICEPS & TRICEPS WARM UP**

- 1) OVER HEAD DUMBBELL EXTENSION WITH 2 ARM DUMBBELL CURL 3 SETS 15+15 REPS**

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# **4 DAYS SPLIT ROUTINE**

## **DAY 3**

### **WINGS & SHOULDERS**

#### **WINGS**

- 1) BACK LAT PULL DOWN 3 SETS 5 REPS**
- 2) STRAIGHT ARM PUSH DOWN 3 SETS 5 REPS**
- 3) CLOSE GRIP PULL DOWN 3 SETS 15 REPS**

#### **SHOULDERS**

- 1) BEHIND THE NECK PRESS 3 SETS 5 REPS**
- 2) OVER HEAD DUMBBELL PRESS 3 SETS 5 REPS**
- 3) SEATED SIDE LATERAL RAISE 3 SETS 15 REPS**

### **BICEPS & TRICEPS WARM UP**

- 1) STANDING CABLE CURL WITH TRICEP PUSH DOWN 3 SETS 15+15 REPS**

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# **4 DAYS SPLIT ROUTINE**

## **DAY 4**

### **BICEP & TRICEP**

#### **BICEP**

**1) STANDING BARBELL CURL 3 SETS 5 REPS**

**2) INCLINED DUMBBELL CURL 3 SETS 5 REPS**

**3) E-Z BAR (WIDE GRIP) PREACHER CURL 3 SETS 15 REPS**

#### **TRICEP**

**1) CLOSE GRIP BENCH PRESS 3 SETS 5 REPS**

**2) LYING FRENCH CURL 3 SETS 5 REPS**

**3) OVER HEAD PUSH DOWN 3 SETS 15 REPS**

### **SHOULDER WARM UP**

**1) FRONT BARBELL PRESS WITH 2 ARM DUMBBELL FRONT RAISE 3 SETS 15+15 REPS**

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# **FAT BURNING ROUTINE**

## **DAY 1**

### **CARDIO**

**1) WALKER**

**30 MINUTES**

**2) BODY JACK**

**3 SETS 25 REPS**

### **CIRCUIT ONE**

**1) LEG PRESSES**

**5 SETS 25 REPS**

**2) TOE PRESS**

**5 SETS 25 REPS**

**3) CABLE UP RIGHT ROW**

**3 SETS 15 REPS**

**4) MACHINE BENCH PRESS**

**5 SETS 25 REPS**

**5) OVER HEAD DUMBBELL PRESS 3 SETS 15  
REPS**

**6) FORWARD CRUNCH**

**3 SETS 100 REPS**

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# **FAT BURNING ROUTINE**

## **DAY 2**

### **CARDIO**

**1) CYCLE 15 MINUTES**

**2) TWISTER 3 SETS 5 MINUTES**

### **CIRCUIT TWO**

**1) BACK LAT PULL DOWN 5 SETS 25 REPS**

**2) BEND OVER STICK 5 SETS 25 REPS**

**3) HYPER EXTENSIONS 5 SETS 15 REPS**

**4) SEATED CABLE ROW 5 SETS 25 REPS**

**5) SIDE STICK BEND 5 SETS 25 REPS**

**5) HANGING LEG RAISE 5 SETS 25 REPS**

**6) STIFF LEGGED DEAD LIFT 5 SETS 5 REPS**

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# FAT BURNING ROUTINE

## DAY 3

## CARDIO

## D 30 MINUTES JOG IN OUT DOORS/PARK

## CIRCUIT THREE

## D) HYPER EXTENSIONS 3 SETS 25 REPS

**WITH**

**V GRIP LAT PULL DOWN                      3 SETS 5 REPS**

## 2)LEG PRESS

**WITH**

**BENCH PRESS                      5 SETS 25 REPS**

### 3) OVER HEAD DUMBBELL PRESS

**WITH**

**DUMBBELL SHRUGS** **3 SETS 15 REPS**

#### 4) HANGING KNEE RAISE 3 SETS 100 REPS

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# **FAT BURNING ROUTINE**

**DAY 4**

## **CARDIO**

**1) FARMERS WALK FOR 5 MINUTES**

## **CIRCUIT FOUR**

**1) DUMBBELL LUNGES                      5 SETS 5 REPS EACH**

**2) DEAD LIFT                                      5 SETS 5 REPS**

**3) GOOD MORNING                              3 SETS 15 REPS**

**4) BARBELL SQUATS                              5 SETS 5 REPS**

**5) INCLINE DUMBBELL PRESS                      5 SETS 5 REPS**

**6) DUMBBELL PULL OVER                              5 SETS 15 REPS**

**7) REVERSE PULL DOWN                              5 SETS 5 REPS**

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# **FAT BURNING ROUTINE**

**DAY 5**

## **LEGS,CALVES,CHEST & TRICEPS**

### **CALVES**

**1) STANDING CALF RAISE                      3 SETS 15 REPS**

### **LEGS**

**1) LEG CURL                                      3 SETS 5 REPS**

**2) DUMBBELL DEEP SQUATS                  3 SETS 5 REPS**

### **CHEST**

**1) PEC DECK FLY                              3 SETS 15 REPS**

**2) CABLE CROSS OVER                        3 SETS 5 REPS**

**3) DECLINE BARBELL PRESS                  3 SETS 5 REPS**

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# **FAT BURNING ROUTINE**

**DAY 6**

## **WINGS, SHOULDERS & BICEPS**

### **WINGS**

- 1) BEND OVER BARBELL ROWS 3 SETS 15 REPS**
- 2) CLOSE GRIP T-BAR ROW 3 SETS 15 REPS**
- 3) ONE HANDED DUMBBELL ROW 3 SETS 15 REPS**

### **SHOULDER**

- 1) INVLIN REAR LATERAL RAISE 3 SETS 15 REPS**
- 2) MILITARY PRESS 3 SETS 5 REPS**
- 3) BEHIND THE NECK PRESS 3 SETS 5 REPS**

### **BICEPS**

- 1) MACHINE PREACHER CURL 3 SET 15 REPS**
- 2) E-Z CURL BAR (WIDE GRIP) CURL 3 SETS 5 REPS**
- 3) 90 DEGREE PREACHER CURL 3 SETS 5 REPS**

### **NOTE**

**TAKING 100 GRAMS OF PROTEIN DAILY IS MUST**

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# **GOAL MASS 5 DAY WORK OUT**

## **MONDAY**

### **LEGS & SHOULDERS**

**1) LEG PRESS 3 SETS 5 REPS**

**2) HACK SQUATS 3 SETS 5 REPS**

**3) LEG CURL 3 SETS 15 REPS**

### **SHOULDERS**

**1) MILITARY PRESS 3 SETS 5 REPS**

**2) OVER HEAD DUMBBELL PRESS 3 SETS 5 REPS**

**3) REVERSE BUTTERFLY 3 SETS 15 REPS**

**4) SIDE CABLE LATERAL 3 SETS 15 REPS**

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# **GOAL MASS 5 DAY WORK OUT**

**THUESDAY**

## **WINGS & TRAPS**

**1) CLOSE GRIP T-BAR                      3 SETS 5 REPS**

**2) BACK BARBELL SHRUGS              3 SETS 15 REPS**

**3) FRONT PULL DOWN                  3 SETS 5 REPS**

**4) FRONT BARBELL SHRUGS          3 SETS 15 REPS**

**5) SEATED CABLE ROW                  3 SETS 15 REPS**

**6) SEATED DUMBBELL SHRUGS      3 SETS 5 REPS**

## **BICEPS WARM UP**

**1) ALTERNATE INCLINE DUMBBELL CURL 3 SETS  
15 REPS**

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# **GOAL MASS 5 DAY WORK OUT**

## **WEDNESDAY**

### **CHEST**

- 1) BENCH PRESS 3 SETS 5 REPS**
- 2) SEATED CHEST/BENCH PRESS 3 SETS 5 REPS**
- 3) DECLINE BENCH PRESS 3 SETS 5 REPS**
- 4) PEC DECK FLY 3 SETS 15 REPS**
- 5) PARELLEL BAR DIPS 3 SETS 15 REPS**
- 6) DUMBBELL PULL OVER 3 SETS 5 REPS**

### **TRICEPS WARM UP**

- 1) LYING DUMBBELL FRENCH CURL 3 SETS 15 REPS**

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# **GOAL MASS 5 DAY WORK OUT**

**THURSDAY**

## **SHOULDERS & TRICEPS**

**1) COMMANDO BENCH BEHIND THE NECK PRESS  
3 SETS 5 REPS**

**2) PARRELL MACHINE PRESS      3 SETS 5 REPS**

## **TRICEPS**

**1) OVER HEAD DUMBBELL EXTENSION 3 SETS 5  
REPS**

**2) OVER HEAD ROPE PUSH DOWN WITH UPPER  
PULLEY 3 SETS 15 REPS**

**3) CLOSE GRIP BENCH PRESS      3 SETS 5 REPS**

**4) ONE ARM DUMBBELL KICK BACK 3 SETS 15  
REPS**

**5) ROPE PUSH DOWN                      3 SETS 5 REPS**

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# **GOAL MASS 5 DAY WORK OUT**

## **FRIDAY**

### **BICEPS**

**1) E-Z BAR WIDE GRIP CURL      3 SETS 5 REPS**

**2) E-Z BAR CLOSE FRIP CURL    3 SETS 15 REPS**

**3) MACHINE PREACHER CURL    3 SETS 5 REPS**

**4) E-Z BAR WIDE GRIP PREACHER CURL 3  
SETS 10 REPS**

**5) E-Z BAR CLOSE GRIP PREACHER CURL 3  
SETS 15 REPS**

**6) ALTERNATE DUMBBELL CURL 3 SETS 5 REPS**

### **LEG WARM UP**

**1) CALF RAISE**

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# **MUST MASS ROUTINE**

## **MONDAY/THURSDAY**

### **CHEST**

- |                                  |                       |
|----------------------------------|-----------------------|
| <b>1) BENCH PRESS</b>            | <b>5 SETS 10 REPS</b> |
| <b>2) INCLINE DUMBBELL PRESS</b> | <b>5 SETS 10 REPS</b> |
| <b>3) FLAT DUMBBELL FLY</b>      | <b>5 SETS 15 REPS</b> |

### **TRICEPS**

- |                                       |                       |
|---------------------------------------|-----------------------|
| <b>1) ONE HAND DUMBBELL EXTENSION</b> | <b>5 SETS 15 REPS</b> |
| <b>2) LYING FRENCH CURL</b>           | <b>5 SETS 10 REPS</b> |
| <b>3) TRICEPS PUSH DOWN</b>           | <b>5 SETS 10 REPS</b> |

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# MUST' MASS ROUTINE

**TUESDAY/FRIDAY**

## LEGS

**D LEG PRESS                      5 SETS 10 REPS**

## 2) FREE SQUAT 5 SETS 15 REPS

**3) LEG CURL                                      5 SETS 10 REPS**

## BICEPS

## D) STANDING BARBELL CURL 5 SETS 10 REPS

**2) ALTERNATE DUMBBELL CURL 5 SETS 15 REPS**

### 3) REVERSE CABLE CURL 5 SETS 15 REPS

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# **MUST MASS ROUTINE**

**WEDNESDAY/SATURDAY**

## **WINGS**

- |                              |                         |
|------------------------------|-------------------------|
| <b>1) BACK LAT PULL DOWN</b> | <b>5 SETS 10 REPS</b>   |
| <b>2) FRONT PULL DOWN</b>    | <b>5 SETS 10 REPS</b>   |
| <b>3) SEATED CABLE ROWS</b>  | <b>5 SETS 15 REPS</b>   |
| <b>4) CHIN UPS</b>           | <b>2 SETS UNLIMITED</b> |
| <b>REPS</b>                  |                         |

## **SHOULDERS & TRAPS**

- |                                    |                         |
|------------------------------------|-------------------------|
| <b>1) OVER HEAD DUMBBELL PRESS</b> | <b>5 SETS 10</b>        |
| <b>REPS</b>                        |                         |
| <b>2) MACHINE FRONT PRESS</b>      | <b>5 SETS 10 REPS</b>   |
| <b>3) SEATED DUMBBELL PRESS</b>    | <b>5 SETS 15 REPS</b>   |
| <b>4) CABLE UP RIGHT ROWS</b>      | <b>2 SETS UNLIMITED</b> |
| <b>REPS</b>                        |                         |

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# **GUERRILLA WORK OUT**

## **ONE MONTH WORK OUT SCHEDULE**

### **MONDAY (CHEST)**

**1) BARBELL BENCH PRESS + PEC DECK FLYES  
3 SETS 15 REPS**

**2) INCLINE BARBELL BENCH PRESS + PEC  
DECK FLYES 3 SETS 15 REPS**

**3) SEATED BENCH PRESS + MACHINE PULL  
OVERS 3 SETS 15 REPS**

**4) PARELLEL BAR DIPS 3 SETS 12 REPS**

**5) FLAT FLYES 3 SETS 10 REPS**

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# **GUERRILLA WORK OUT**

## **TUESDAY (WINGS)**

- 1) ROWING + CLOSE GRIP PULL DOWN**  
**3 SETS 15 REPS**
- 2) BACK LAT PULL DOWN + ROWING**  
**3 SETS 15 REPS**
- 3) ONE HAND DUMBBEL ROW**  
**3 SETS 10 REPS**
- 4) PULL UPS**  
**3 SETS 10 REPS**
- 5) CLOSE GRIP PULL DOWN (HEAVY)**  
**3 SETS 10 REPS**
- 6) ROWING ( HEAVY)**  
**3 SETS 10 REPS**

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# **GUERRILLA WORK OUT**

## **WEDNESDAY (SHOULDERS)**

**1) SIDE LATERAL + FRONT DUMBBEL RAISE**  
**3 SETS 15 REPS**

**2) BACK ROD + FRONT ROD**  
**3 SETS 15 REPS**

**3) CABLE UP RIGHT ROWS**  
**3 SETS 15 REPS**

**4) CABLE FRONT RAISE**  
**3 SETS 12 REPS**

**5) PARALLEL MACHINE PRESS**  
**3 SETS 12 REPS**

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# **GUERRILLA WORK OUT**

## **THURSDAY (TRICEPS)**

**1) PUSH DOWN + REVERSE PUSH DOWN**

**3 SETS 15 REPS**

**2) LYING TRICEP CURL**

**3 SETS 10 REPS**

**3) ONE HAND DUMBBEL EXTENSION**

**3 SETS 25 REPS**

**4) ONE HAND PUSH DOWN + REVERSE PUSH  
DOWN**

**3 SETS 15 REPS**

**5) CLOSE GRIP DIPS**

**3 SETS 12 REPS**

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# **GUERRILLA WORK OUT**

## **FRIDAY (BICEPS)**

**1) DUMBELL CURLS + HAMMER CURLS**

**3 SETS 15 REPS**

**2) CABLE CURL + PREACHER CURL**

**3 SETS 15 REPS**

**3) BARBELL CURL (HEAVY)**

**3 SETS 5 REPS**

**4) REVERSE CABLE CURL**

**3 SETS 10 REPS**

**5) CABLE CURL (HEAVY)**

**3 SETS 15 REPS**

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# **GUERRILLA WORK OUT**

## **SATURDAY (LEGS + ABS)**

### **1) TWISTER + HYPER EXTENSIONS**

**5 MINUTES & 3 SETS 15 REPS**

### **2) LEG PRESS (HEAVY)**

**3 SETS 10 REPS**

### **3) LEG EXTENSIONS**

**3 SETS 15 REPS**

### **4) LEG CURL**

**3 SETS 15 REPS**

### **5) BENT OVER TWIST**

**3 SETS 15 REPS**

### **6) INCLINE FORWARD CRUNCHES**

**3 SETS 15 REPS**

### **7) INCLINE LEG RAISES**

**3 SETS 15 REPS**

**SHAKEEL AHMED**

**CELL: 0300/2789796**

**0336/2789796**

**0345/2303009**

# MASS THREE DAY WORKOUT ROUTINE

## DAY 1

## LEGS

## D) BARBELL SQUAT

# CHEST

**D) DECLINE BENCH PRESS                      3 SETS 10 REPS**

## 2) PARELLEL BAR DIPS

**3) CROSS BENCH DUMBBELL PULLOVER 3 SETS 5 REPS**

#### 4) FLAT BENCH PRESS 3 SETS 5 REPS

## TRICEPS

### **D SEATED FRENCH CURL      3 SETS 10 REPS**

**2) OVER HEAD DUMBBELL EXTENSION 3 SETS  
10 REPS**

### 3) ROPE PUSH DOWN 3 SETS 15 REPS

**SHAKEEL AHMED**

**CELL: 0300/2789796**

**0336/2789796**

**0345/2303009**

# **MASS THREE DAY WORKOUT ROUTINE**

## **DAY 2**

### **CALVES**

**1) TOE PRESS 3 SETS 10 REPS**

### **LOWER BACK**

**1) DEAD LIFT 3 SETS 10 REPS**

### **WINGS**

**1) SEATED CABLE ROWS 3 SETS 10 REPS**

**2) BACK LAT PULL DOWN 3 SETS 5 REPS**

**3) ONE HAND DUMBBEL ROW 3 SETS 5 REPS**

### **BICEPS**

**1) WIDE GRIP E-Z BAR CURL 3 SETS 5 REPS**

**2) ALTERNATE DUMBBEL CURL 3 SETS 10 REPS**

**3) 90 DEGREE PREACHER CURL 3 SETS 5 REPS**

**SHAKEEL AHMED**

**CELL: 0300/2789796**

**0336/2789796**

**0345/2303009**



# **MASS THREE DAY WORKOUT ROUTINE**

## **DAY 3**

### **CHEST**

**1) INCLINE DUMBBEL PRESS                      3 SETS 5 REPS**

### **SHOULDERS**

**1) MILITARY PRESS                                      3 SETS 5 REPS**

**2) OVER HEAD DUMBBELL PRESS 3 SETS 5  
REPS**

**3) SEATED SIDE LATERAL RAISE 3 SETS 10  
REPS**

### **TRAPS**

**1) SEATED DUMBBELL SHRUGS              3 SETS 5 REPS**

**2) WIDE GRIP UPRIGHT ROWS    3 SETS 15 REPS**  
**TRICEPS & BICEPS**

**1) OVER HEAD DUMBBEL EXTENSION + MACHINE  
PREACHER CURL                                      3 SETS 15 REPS**

### **ABS**

**1) FORWARD CRUNCHES + REVERSE CRUNCHES**  
**3 SETS 15 REPS**

**SHAKEEL AHMED**

**CELL: 0300/2789796 \_ 0336/2789796 \_ 0345/2303009**

# **BEGINNER SUMMER PROGRAM**

**MONDAY/THURSDAY**

## **DAY 1 & 4**

**WARM-UP**

**4 SETS 15 REPS**

### **CHEST**

**1) COMMANDO BENCH PRESS MACHINE 3 SETS  
15-10-5 REPS**

**2) COMMANDO INCLINED BENCH PRESS 3 SETS  
15-10-5 REPS**

**3) SEATED CHEST/BENCH PRESS 3 SETS 15-10-5  
REPS**

### **TRICEPS**

**1) TWO ARM DUMBBELL EXTENSION 3 SETS 15-  
10-5 REPS**

**2) TRICEP PUSH DOWN            3 SETS 15-10-5 REPS**

**SHAKEEL AHMED**

**CELL: 0300/2789796**

**0336/2789796**

**0345/2303009**

# **BEGINNER SUMMER PROGRAM**

**TUESDAY/FRIDAY**

## **DAY 2 & 5**

**WARM-UP PULL-UPS 5 SETS UNLIMITED REPS**

### **WINGS**

**1) BACK LAT PULL DOWN 3 SETS 15-10-15 REPS**

**2) FRONT LAT PULL DOWN 3 SETS 15-10-5 REPS**

**3) SEATED CABLE ROWS 3 SETS 15-10-5 REPS**

### **BICEPS**

**1) STANDING CABLE CURL 3 SETS 15-10-5 REPS**

**2) ALTERNATE DUMBBELL CURL 3 SETS 15-10-5 REPS**

**SHAKEEL AHMED**

**CELL: 0300/2789796**

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# **BEGINNER SUMMER PROGRAM**

**WEDNESDAY/SATURDAY**

## **DAY 3 & 6**

**WARM-UP REVERSE PUSH-UP 5 SETS 15 REPS**

### **LEGS**

**1) FREE SQUAT 3 SETS 15-10-5 REPS**

**2) LEG PRESS 3 SETS 15-10-5 REPS**

**3) FREE WEIGHT EXTENDED CALF RAISE 3  
SETS 15-10-5 REPS**

### **SHOULDERS**

**1) STANDING DUMBBELL SIDE LATERALS 3 SETS  
15-10-5 REPS**

**2) PARALLEL MACHINE PRESS 3 SETS 15-10-5  
REPS**

**SHAKEEL AHMED**

**CELL: 0300/2789796**

**0336/2789796**

**0345/2303009**

# **SMART LOOKS ROUTINE**

**FOR SMART BODY SHAPING & WEIGHT GAIN IN 10 WEEKS**

**NOTE:**

**AFTER DOING EACH SET OF EACH SET OF THE EXERCISES DO 4 MORE REPS OF THAT PARTICULAR EXERCISE.**

## **MONDAY\_BICEPS & TRICEPS**

**1) DUMBBEL CURL 3 SETS 15 REPS**

**2) STANDING BARBELL CURL 3 SETS 15 REPS**

**3) LYING FRENCH CURL 3 SETS 15 REPS**

**4) LYING DUMBBEL FRENCH CURL 3 SETS 15 REPS**

**5) CONCENTRATION CURL 3 SETS 15 REPS**

**6) TRICEPS PUSH DOWN 3 SETS 15 REPS**

**7) STANDING CABLE CURL 3 SETS 15 REPS**

**8) ONE HAND DUMBBELL EXTENSION 3 SETS 15 REPS**

**9) HAMMER CURL 3 SETS 15 REPS**

**SHAKEEL AHMED**

**CELL: 0300/2789796 \_ 0336/2789796 \_ 0345/2303009**

# **SMART LOOKS ROUTINE**

## **TUESDAY\_LEGS & WINGS**

**1) STANDING CALF RAISE                      3 SETS 15 REPS**

**2) BARBELL SQUATS                          3 SETS 15 REPS**

**3) LEG PRESS                                  3 SETS 15 REPS**

**4) LEG CURL                                  3 SETS 15 REPS**

**5) ONE HAND DUMBBELL ROW   3 SETS 15 REPS**

**6) ONE ARM REVERSE DUMBBELL ROW 3 SETS  
15 REPS**

**7) BACK LAT PULL DOWN              3 SETS 15 REPS**

**8) FRONT PULL DOWN                      3 SETS 15 REPS**

**9) CLOSE GRIP PULL DOWN              3 SETS 15 REPS**

**SHAKEEL AHMED**

**CELL: 0300/2789796**

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**0345/2303009**

# **SMART LOOKS ROUTINE**

## **WEDNESDAY\_CHEST & SHOULDERS**

- 1) INCLINED BENCH PRESS                      3 SETS 15 REPS**
- 2) SHOULDER MILITARY PRESS 3 SETS 15 REPS**
- 3) INCLINED DUMBBELL PRESS   3 SETS 15 REPS**
- 4) SHOULDER FRONT DUMBBELL PRESS 3 SETS  
15 REPS**
- 5) INCLINED DUMBBELL FLY            3 SETS 15 REPS**
- 6) SHOULDER FRONT DUMBBEL RAISE 3 SETS  
15 REPS**
- 7) UPRIFGHT ROW                              3 SETS 15 REPS**
- 8) SEATED CHEST PRESS                      3 SETS 15 REPS**
- 9) CABLE FRONT RAISE                      3 SETS 15 REPS**

**SHAKEEL AHMED**

**CELL: 0300/2789796**

**0336/2789796**

**0345/2303009**

# **SMART LOOKS ROUTINE**

## **THURSDAY\_LEGS & SHOULDERS**

- |                                       |                       |
|---------------------------------------|-----------------------|
| <b>1) WIDE GRIP LEG PRESS</b>         | <b>3 SETS 15 REPS</b> |
| <b>2) HACK SQUATS</b>                 | <b>3 SETS 15 REPS</b> |
| <b>3) DUMBBELL SQUATS</b>             | <b>3 SETS 15 REPS</b> |
| <b>4) TOE PRESS</b>                   | <b>3 SETS 15 REPS</b> |
| <b>5) SHOULDER BACK BARBELL PRESS</b> | <b>3 SETS 15 REPS</b> |
| <b>6) BACK DUMBBELL PRESS</b>         | <b>3 SETS 15 REPS</b> |
| <b>7) DUMBBEL SIDE LATERALS</b>       | <b>3 SETS 15 REPS</b> |
| <b>8) BENDOVER LATERAL RAISE</b>      | <b>3 SETS 15 REPS</b> |
| <b>9) REVERSE BUTTER FLY</b>          | <b>3 SETS 15 REPS</b> |

**SHAKEEL AHMED**

**CELL: 0300/2789796**

**0336/2789796**

**0345/2303009**



# **SMART LOOKS ROUTINE**

## **FRIDAY\_CHEST & TRICEPS**

- |   |                       |
|---|-----------------------|
| <b>1) BENCH PRESS</b>                     | <b>3 SETS 15 REPS</b> |
| <b>2) BUTTER FLY</b>                      | <b>3 SETS 15 REPS</b> |
| <b>3) DECLINE BENCH PRESS</b>             | <b>3 SETS 15 REPS</b> |
| <b>4) DECLINE DUMBBELL FLY</b>            | <b>3 SETS 15 REPS</b> |
| <b>5) CABLE CROSS OVER</b>                | <b>3 SETS 15 REPS</b> |
| <b>6) CLOSE GRIP BENCH PRESS</b>          | <b>3 SETS 15 REPS</b> |
| <b>7) REVERSE PUSH DOWN (WITH WEIGHT)</b> | <b>3 SETS 15 REPS</b> |
| <b>8) ONE ARM PUSHDOWN</b>                | <b>3 SETS 15 REPS</b> |
| <b>9) 2 ARMS DUMBBELL KICK BACK</b>       | <b>3 SETS 15 REPS</b> |

**SHAKEEL AHMED**

**CELL: 0300/2789796**

**0336/2789796**

**0345/2303009**

# **SMART LOOKS ROUTINE**

## **SATURDAY\_WINGS & BICEPS**

**1) SEATED CABLE ROW                      3 SETS 15 REPS**

**2) T-BAR ROW                              3 SETS 15 REPS**

**3) STRAIGHT ARM PUSH DOWN 3 SETS 15 REPS**

**4) WIDE GRIP SEATED CABLE ROWS 3 SETS 15  
REPS**

**5) REVERSE PULLDOWN                  3 SETS 15 REPS**

**6) PREACHER HAMMER CURL    3 SETS 15 REPS**

**7) 90 DEGREE BARBELL PREACHER CURL 3  
SETS 15 REPS**

**8) MACHINE PREACHER CURL    3 SETS 15 REPS**

**9) ONE ARM CABLE CURL              3 SETS 15 REPS**

**SHAKEEL AHMED**

**CELL: 0300/2789796**

**0336/2789796**

**0345/2303009**

# **COMMANDO EXERCISE ROUTINE**

## **DAY 1 LEGS & CALVES**

### **CALVES**

**1) STANDING CALF RAISE                      3 SETS 25 REPS**

### **HAMSTRINGS**

**1) STIFF LEGGED DEAD LIFT              3 SETS 25 REPS**  
**2) LEG CURL                                  3 SETS 5 REPS**

### **QUADRICEPS**

**1) LEG EXTENSION                          3 SETS 25 REPS**  
**2) BARBELL SQUATS                        3 SETS 5 REPS**  
**3) LEG PRESS                                3 SETS 25 REPS**

### **GLUTES**

**1) BARBELL LUNGES                          3 SETS 15 REPS**  
**2) HACK SQUATS                            3 SETS 25 REPS**

**SHAKEEL AHMED**

**CELL: 0300/2789796**

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# **COMMANDO EXERCISE ROUTINE**

## **DAY 2 CHEST**

### **LOWER CHEST**

- |                             |                       |
|-----------------------------|-----------------------|
| <b>1) PARALLEL BAR DIPS</b> | <b>3 SETS 25 REPS</b> |
| <b>2) PULL OVERS</b>        | <b>3 SETS 25 REPS</b> |

### **OVER-ALL CHEST**

- |                               |                       |
|-------------------------------|-----------------------|
| <b>1) BENCH PRESS</b>         | <b>3 SETS 5 REPS</b>  |
| <b>2) PUSH-UPS</b>            | <b>3 SETS 25 REPS</b> |
| <b>3) FLAT DUMBBELL PRESS</b> | <b>3 SETS 5 REPS</b>  |
| <b>4) FLAT DUMBBELL FLY</b>   | <b>3 SETS 25 REPS</b> |

### **UPPER CHEST**

- |                                   |                       |
|-----------------------------------|-----------------------|
| <b>1) INCLINED DUMBBELL PRESS</b> | <b>3 SETS 5 REPS</b>  |
| <b>2) INCLINED BARBELL PRESS</b>  | <b>3 SETS 5 REPS</b>  |
| <b>3) PEC-DECK FLY</b>            | <b>3 SETS 25 REPS</b> |

**SHAKEEL AHMED**

**CELL: 0300/2789796**

**0336/2789796**

**0345/2303009**

# **COMMANDO EXERCISE ROUTINE**

## **DAY 3**

### **LOWER, UPPER BACK & WINGS**

#### **LOWER BACK**

**1) HYPER EXTENSION**

**3 SETS 25 REPS**

**2) DEAD LIFT**

**3 SETS 5 REPS**

#### **UPPERBACK**

**1) BEND OVER BARBELL ROWS 3 SETS 5 REPS**

**2) WIDE GRIP SEATED CABLE ROWS 3 SETS 25 REPS**

#### **WINGS**

**1) BACK PULL-UPS**

**3 SETS 25 REPS**

**2) BACK LAT PULL DOWN**

**3 SETS 5 REPS**

**3) STRAIGHT ARM PUSH DOWN 3 SETS 25 REPS**

**4) ONE HAND DUMBBELL ROW 3 SETS 5 REPS**

**SHAKEEL AHMED**

**CELL: 0300/2789796**

**0336/2789796**

**0345/2303009**

# **COMMANDO EXERCISE ROUTINE**

## **DAY 4**

### **SHOULDERS & TRAPS**

#### **BACK SHOULDER & FRONT TRAPS**

- 1) BEHIND THE NECK PRESS                      3 SETS 5 REPS**
- 2) CABLE UP-RIGHT ROW                      3 SETS 25 REPS**
- 3) OVER HEAD DUMBBELL PRESS 3 SETS 5 REPS**
- 4) FRONT BARBELL SHRUGS                      3 SETS 25 REPS**

#### **FRONT SHOULDER & BACK TRAPS**

- 1) FRONT BARBELL PRESS                      3 SETS 5 REPS**
- 2) BACK BARBELL SHRUGS                      3 SETS 25 REPS**

#### **SIDE SHOULDERS & SIDE TRAPS**

- 1) MILITARY PRESS                                      3 SETS 5 REPS**
- 2) SIDE LATERAL RAISE                              3 SETS 25 REPS**
- 3) SEATED DUMBBELL SHRUGS                      3 SETS 5 REPS**

**SHAKEEL AHMED**

**CELL: 0300/2789796**

**0336/2789796**

**0345/2303009**

# **COMMANDO EXERCISE ROUTINE**

**DAY 5**

## **TRICEPS, BICEPS & FOREARMS**

### **TRICEPS**

**1) TRICEP PUSH-DOWN**

**3 SETS 5 REPS**

### **BICEPS**

**1) STANDING CABLE CURL**

**3 SETS 5 REPS**

### **FOREARM**

**1) REVERSE CABLE CURL**

**3 SETS 25 REPS**

### **TRICEP**

**1) CLOSE GRIP DIPS**

**3 SETS 25 REPS**

**2) REVERSE PUSH-UP (WITH WEIGHT) 3 SETS 10 REPS**

**3) OVER HEAD PUSH-DOWN**

**3 SETS 5 REPS**

**SHAKEEL AHMED**

**CELL: 0300/2789796**

**0336/2789796**

**0345/2303009**

## **BICEP**

- |                          |                |
|--------------------------|----------------|
| 1) CLOSE GRIP PULL-UPS   | 3 SETS 10 REPS |
| 2) MACHINE PREACHER CURL | 3 SETS 5 REPS  |
| 3) INCLINE DUMBBELL CURL | 3 SETS 15 REPS |

## **FOREARM**

- 1) MACHINE PREACHER REVERSE CURL 3 SETS  
25 REPS

**SHAKEEL AHMED**  
**CELL**

**0300/2789796**

**0336/2789796**

**0345/2303009**



# **COMMANDO EXERCISE ROUTINE**

## **DAY 6 TOTAL BODY CIRCUIT**

- 1) BENCH PRESS WITH BARBELL SQUATS**  
**3 SETS 15 REPS**
  - 2) STANDING CALF RAISE WITH REVERSE  
CABLE CURL**  
**3 SETS 15 REPS**
  - 3) HYPWER EXTENSION WITH CLOSE GRIP  
PULL-DOWN**  
**3 SETS 15 REPS**
  - 4) OVER HEAD DUMBBELL PRESS WITH  
DUMBBELL SHRUGS**  
**3 SETS 15 REPS**
  - 5) E-Z CURL BAR PREACHER CURL (WIDE GRIP)  
WITH OVER HEAD DUMBBELL EXTENSION**  
**3 SETS 15 REPS**
- YOU MUST HAVE TO DO RUNNING EVERY DAY FOR HALF AN  
HOUR (6 DAYS A WEEK).**

## **WITH ABS & OLIQUES**

- 1) FORWARD CRUNCH**  
**3 SETS 25 REPS**
- 2) HANGING LEG RAISE**  
**3 SETS 25 REPS**
- 3) BEND-OVER STICK**  
**3 SETS 25 REPS**

**NOTE: THIS IS THE MORNING PART OF THE  
COMMANDO ROUTINE.**

**SHAKEEL AHMED**

**CELL: 0300/2789796 \_ 0336/2789796 \_ 0315/2303009**

# **SPORTS\_CRICKET WORK-OUT**

## **DAY 1**

### **CARDIO**

**1) 30 MINUTES JOGGING IN PARK**

### **LEGS**

**1) BARBELL WALKING LUNGES      3 SETS 15 REPS**

**2) BARBELL SQUAT                      3 SETS 5 REPS**

### **CALVES**

**1) STANDING CALVES RAISE              3 SETS 15 REPS**

**2) TOE PRESS                              3 SETS 15 REPS**

**3) SEATED CALVES RAISE              3 SETS 15 REPS**

**4) DONKEY CALF RAISE              3 SETS 15 REPS**

### **FOREARM (HEAVY)**

**1) REVERSE CABLE CURL              3 SETS 10 REPS**

**2) MACHINE REVERSE PREACHER CURL 3 SETS  
10 REPS**

**3) BARBELL REVERSE CURL              3 SETS 10 REPS**

**4) HAMMER CURL                      3 SETS 10 REPS**

**SHAKEEL AHMED**

**CELL: 0300/2789796**

**0336/2789796**

**0345/2303009**

# **SPORTS\_CRICKET WORK-OUT**

## **DAY 2**

### **CARDIO**

**1) CYCLING FOR 30 MINUTES**

### **LEGS**

**1) LYING LEG PRESS (SMITH MACHINE) 3 SETS  
10 REPS**

**2) LEG EXTENSION 3 SETS 5 REPS**

### **CHEST**

**1) MACHINE BENCH PRESS 3 SETS 15 REPS**

**2) BUTTERFLY 3 SETS 15 REPS**

**3) MACHINE HAMMER PRESS 3 SETS 5 REPS**

**4) SEATED BENCH PRESS 3 SETS 15 REPS**

**SHAKEEL AHMED**

**CELL: 0300/2789796**

**0336/2789796**

**0345/2303009**

# **SPORTS\_CRICKET WORK-OUT**

## **DAY 3**

### **NOTE**

- 1) RUN FOR 30 MINUTES**
- 2) STRETCH YOUR MUSCLES**
- 3) SEA SIDE RUNNING FOR 30 MINUTES**

## **DAY 4**

### **SHOULDERS**

- 1) BEND OVER DUMBBELL LATEAL RAISE 3 SETS 20 REPS**
- 2) ALTERNATE FRONT RAISE 3 SETS 10 REPS**
- 3) CABLE FRONT RAISE 3 SETS 15 REPS**

### **TRAPS**

- 1) CABLE UPRIGHT ROWS 3 SETS 25 REPS**
- 2) SEATED DUMBBELL SHRUGS 3 SETS 25 REPS**

**SHAKEEL AHMED**

**CELL: 0300/2789796**

**0336/2789796**

**0345/2303009**

# **SPORTS\_CRICKET WORK-OUT**

## **DAY 5**

### **LEG HAMSTRINGS**

- |                                  |                       |
|----------------------------------|-----------------------|
| <b>1) LEG CURLS</b>              | <b>3 SETS 10 REPS</b> |
| <b>2) STIFF LEGGED DEAD LIFT</b> | <b>3 SETS 5 REPS</b>  |

### **TRICEPS**

- |                                    |                       |
|------------------------------------|-----------------------|
| <b>1) TRICEP PUSH DOWN</b>         | <b>3 SETS 10 REPS</b> |
| <b>2) REVERSE TRICEP PUSH DOWN</b> | <b>3 SETS 25 REPS</b> |
| <b>3) LYING FRENCH CURL</b>        | <b>3 SETS 5 REPS</b>  |

### **BICEPS**

- |                                       |                       |
|---------------------------------------|-----------------------|
| <b>1) STANDING CABLE CURL</b>         | <b>3 SETS 10 REPS</b> |
| <b>2) REVERSE CABLE CURL</b>          | <b>3 SETS 25 REPS</b> |
| <b>3) E-Z WIDE GRIP PREACHER CURL</b> | <b>3 SETS 5 REPS</b>  |

**SHAKEEL AHMED**

**CELL: 0300/2789796**

**0336/2789796**

**0345/2303009**

# **SPORTS\_CRICKET WORK-OUT**

**DAY 6 & 7**

**1) TOTAL REST**

**2) EXERCISE FAVORATE MUSCLE GROUP IN GYM**

**3) SPEND TIMES WITH FRIENDS**

**4) PRACTICE MATCHES**

**NOTE:**

**100 GRAMS OF PROTEIN INTAKE DAILY IS A MUST!**

**SHAKEEL AHMED**

**CELL:**

**0300/2789796**

**0336/2789796**

**0345/2303009**

# **SPORTS-FOOT BALL ROUTINE**

## **DAY 1**

### **CARDIO**

**1) 30 MINUTE RUNNING**

### **CHEST & LEGS**

#### **LEGS:**

- |  |                       |
|--|-----------------------|
| <b>1) JUMP SQUATS</b>                  | <b>3 SETS 10 REPS</b> |
| <b>2) FRONT BARBELL SQUATS</b>         | <b>3 SETS 10 REPS</b> |
| <b>3) SMITH MACHINE SQUATS</b>         | <b>3 SETS 10 REPS</b> |
| <b>4) DUMBBEL LATERAL RAISE SQUATS</b> | <b>3 SETS 10 REPS</b> |

#### **CHEST:**

- |                              |                       |
|------------------------------|-----------------------|
| <b>1) PEC DECK FLY</b>       | <b>3 SETS 25 REPS</b> |
| <b>2) CABLE CROSS OVER</b>   | <b>3 SETS 25 REPS</b> |
| <b>3) SEATED BENCH PRESS</b> | <b>3 SETS 25 REPS</b> |

**SHAKEEL AHMED**

**CELL: 0300/2789796**

**0336/2789796**

**0345/2303009**

# **SPORTS-FOOT BALL ROUTINE**

## **DAY 2**

### **CARDIO**

**1) 30 MINUTES RUNNING**

### **CALVES, LOWER BACK, ABS & OBLIQUES**

#### **CALVES:**

<b>1) STANDING CALF RAISE</b>	<b>3 SETS 5 REPS</b>
<b>2) TOE PRESS</b>	<b>3 SETS 5 REPS</b>
<b>3) SEATED CALF RAISE</b>	<b>3 SETS 5 REPS</b>

#### **LOWER BACK:**

**1) HYPER EXTENSION  
WITH**

**DEAD LIFT**

**WITH**

**GOOD MORNING**

**3 SETS 10+5+15 REPS**

#### **ABS:**

**1) FORWARD CRUNCH**

**WITH**

**REVERSE CRUNCH**

**3 SETS 15 + 15 REPS**



**OBLIQUES:**

**D BEND-OVER STICK**

**WITH**

**TWISTER**

**3 SETS 15 REPS**

**2 MINUTES**

**SHAKEEL AHMED**

**CELL:**

**0300/2789796**

**0336/2789796**

**0345/2303009**

# **SPORTS-FOOT BALL ROUTINE**

## **DAY 3**

### **CARDIO**

**1) 30 MINUTES RUNNING**

### **LEGS & WINGS**

#### **LEGS:**

<b>1) WALKING BARBELL LUNGES</b>	<b>3 SETS 15 REPS</b>
<b>2) HACK SQUATS</b>	<b>3 SETS 15 REPS</b>
<b>3) LEG EXTENSION</b>	<b>3 SETS 15 REPS</b>
<b>4) LEG EXTENSION</b>	<b>3 SETS 15 REPS</b>
<b>5) LEG PRESS</b>	<b>3 SETS 15 REPS</b>

#### **WINGS:**

<b>1) BACK LAT PULL-DOWN</b>	<b>3 SETS 15 REPS</b>
<b>2) ONE HAND DUMBBELL ROW</b>	<b>3 SETS 15 REPS</b>
<b>3) SEATED CABLE ROWS</b>	<b>3 SETS 25 REPS</b>

**SHAKEEL AHMED**

**CELL: 0300/2789796**

**0336/2789796**

**0345/2303009**

# **SPORTS-FOOT BALL ROUTINE**

## **DAY 4**

### **CARDIO**

**1) UP & DOWN STAIRS WITH DUMBBELLS FOR 10 MINUTES.**

### **HAMSTRINGS, SHOULDERS & TRAPS**

#### **HAMSTRINGS/LEG BICEPS:**

- |                                   |                       |
|-----------------------------------|-----------------------|
| <b>1) LEG CURLS</b>               | <b>3 SETS 15 REPS</b> |
| <b>2) STIFF LEGGED DEAD-LIFTS</b> | <b>3 SETS 15 REPS</b> |
| <b>3) WIDE GRIP LEG-PRESS</b>     | <b>3 SETS 15 REPS</b> |

#### **SHOULDERS & TRAPS:**

- |  |                       |
|--|-----------------------|
| <b>1) CABLE SIDE LATERAL RAISES</b>      | <b>3 SETS 25 REPS</b> |
| <b>2) CABLE BEND-OVER LATERAL RAISES</b> | <b>3 SETS 25 REPS</b> |
| <b>3) CABLE UPRIGHT ROWS</b>             | <b>3 SETS 25 REPS</b> |
| <b>4) SEATED DUMBBELL SHRUGS</b>         | <b>3 SETS 25 REPS</b> |

**SHAKEEL AHMED**

**CELL: 0300/2789796**

**0336/2789796**

**0345/2303009**

# **SPORTS-FOOT BALL ROUTINE**

**DAY 5**

## **CARDIO**

**1) FARMER WALK FOR 10 MINUTES**

## **THIGHS, TRICEPS & BICEPS**

### **THIGHS/QUADRICEPS:**

**1) DUMBBELL DEEP SQUATS                      3 SETS 5 REPS**

### **TRICEPS:**

**1) CLOSE GIP BENCH PRESS                      3 SETS 5 REPS**

**2) PUSH-DOWN                                      3 SETS 15 REPS**

### **BICEPS:**

**1) STANDING BARBELL CURL                      3 SETS 5 REPS**

**2) STANDING CABLE CURL                      3 SETS 15 REPS**

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# **SPORTS-FOOT BALL ROUTINE**

**DAY 6 & 7**

**DAY 6 & 7 CAN BE**

**1) REST & RECUPERATION  
OR**

**2) PICNIC**

**OR**

**3) PRACTICE YOUR MATCHES**

# **GOOD LUCK**

## **SHAKEEL AHMED**

**CELL:**

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**0345/2303009**

# **6 WEEKS THERAPY**

## **DAILY BICEPS FOREARMS & TRICEPS WORKOUT**

### **DAY 1**

### **BICEPS, FOREARMS & TRICEPS**

- 1) TRICEPS PUSH-DOWN                      3 SETS 15 REPS**
- 2) E-Z BAR WIDE GRIP PREACHER CURL 3 SETS  
5 REPS**
- 3) OVER HEAD PUSH DOWN              3 SETS 15 REPS**
- 4) 90 DEGREE PREACHER CURL 3 SETS 5 REPS**
- 5) OVER HEAD ROPE PUSH-DOWN 3 SETS 15  
REPS**
- 6) MACHINE PREACHER CURL        3 SETS 5 REPS**
- 7) HAMMER CURL                      3 SETS 25 REPS**

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# **6 WEEKS THERAPY**

## **DAY 2**

### **BICEPS, FOREARMS & TRICEPS**

- 1) CLOSE GRIP BENCH PRESS      3 SETS 5 REPS**
- 2) OVER-HEAD DUMBBELL EXTENSION 3 SETS 5 REPS**
- 3) ONE ARM PUSH-DOWN      3 SETS 15+15 REPS**
- 4) STANDING SHORT BARBELL CURL 3 SETS 5 REPS**
- 5) INCLINED DUMBBELL CURL      3 SETS 5 REPS**
- 6) ONE ARM CABLE CURL      3 SETS 15 REPS**
- 7) BARBELL REVERSE CURL      3 SETS 10 REPS**

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# **6 WEEKS THERAPY**

## **DAY 3**

### **BICEPS, FOREARMS & TRICEPS**

- 1) E-Z BAR CURL 4 SETS 25 REPS**
- 2) OVER HEAD DUMBBELL EXTENSION 4 SETS 5 REPS**
- 3) 90 DEGREE PREACHER CURL 4 SETS 5 REPS**
- 4) SEATED FRENCH CURL 4 SETS 25 REPS**
- 5) REVERSE CABLE CURL  
WITH  
REVERSE PUSHDOWN 3 SETS 25+25 REPS**
- 6) HAMMER CURL 3 SETS 5 REPS**
- 7) ONE ARM DUMBBELL EXTENSION  
WITH  
CONCENTRATION CURL 3 SETS 15+15 REPS**

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# **6 WEEKS THERAPY**

## **DAY 4**

### **BICEPS, FOREARMS & TRICEPS**

**1) CLOSE GRIP BENCH PRESS 3 SETS 15-10-5 REPS**

**2) LYING DUMBBELL FRENCH CURL 3 SETS 15-10-5 REPS**

**3) OVER HEAD DUMBBELL EXTENSION 3 SETS 15-10-5 REPS**

**4) STANDING E-Z CURL (WIDE GRIP) 3 SETS 15-10-5 REPS**

**5) STANDING ALTERNATE DUMBBELL CURL 3 SETS 15-10-5 REPS**

**6) 90 DEGREE PREACHER CURL 3 SETS 15-10-5 REPS**

**7) HAMMER CURL 3 SETS 15-10-5 REPS**

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# **6 WEEKS THERAPY**

## **DAY 5**

### **BICEPS, FOREARMS & TRICEPS**

**1) STANDING BARBELL CURL (CHEST ROD) 3  
SETS 5 REPS**

**2) MACHINE PREACHER CURL 3 SETS 15 REPS**

**3) INCLINED DUMBBELL CURL 3 SETS 25 REPS**

**4) LYING FRENCH CURL 3 SETS 10 REPS**

**5) LYING DUMBBELL FRENCH CURL 3 SETS 10  
REPS**

**6) TRICEP PUSHDOWN 3 SETS 5 REPS**

**7) STANDING REVERSE CABLE CURL 3 SETS 5  
REPS**

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# **6 WEEKS THERAPY**

## **DAY 6**

### **BICEPS, FOREARMS & TRICEPS**

**1) INCLINE E-Z BAR WIDE GRIP CURL 3 SETS 5 REPS**

**2) FLAT BENCH LYING DUMBBELL CURL 3 SETS 15 REPS**

**3) STANDING BARBELL CURL 3 SETS 5 REPS**

**4) STANDING BARBELL CURL 3 SETS 10 REPS**

**5) DECLINE BARBELL FRENCH CURL 3 SETS 15 REPS**

**6) INCLINED FRENCH CURL 3 SETS 5 REPS**

**7) INCLINE DUMBBELL FRENCH CURL  
WITH  
INCLINE DUMBBELL CURL 3 SETS 15 REPS**

#### **NOTE:**

***THIS WORK OUT IS DESIGNED FOR THOSE WHO ARE WEAK IN THEIR ARMS DEPARTMENT OR WANT TO IMPROVE, FOLLOW FOR 6 WEEKS.***

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# **POWER BUILDING WORK-OUT**

## **DAY 1**

**THIS WORK-OUT WILL SPECIALLY BENEFIT 17-20 YEARS GUYS**

### **LEGS:**

- |  |                       |
|--|-----------------------|
| <b>1) BARBELL SQUATS</b>               | <b>5 SETS 5 REPS</b>  |
| <b>2) STIFF LEGGED DEAD-LIFT</b>       | <b>5 SETS 5 REPS</b>  |
| <b>3) WALKING LUNGES (BODY WEIGHT)</b> | <b>5 SETS 15 REPS</b> |

### **CALVES:**

- |                               |                       |
|-------------------------------|-----------------------|
| <b>1) STANDING CALF RAISE</b> | <b>3 SETS 5 REPS</b>  |
| <b>2) DONKEY CALF RAISE</b>   | <b>3 SETS 15 REPS</b> |

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# **POWER BUILDING WORK-OUT**

**DAY 2**

## **CHEST:**

- |                             |                        |
|-----------------------------|------------------------|
| <b>1) BENCH PRESS</b>       | <b>5 SETS 5 REPS</b>   |
| <b>2) PUSH-UPS</b>          | <b>10 SETS 10 REPS</b> |
| <b>3) PARALLEL BAR DIPS</b> | <b>10 SETS 10 REPS</b> |

# **SHAKEEL AHMED**

## **CELL:**

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# **POWER BUILDING WORK-OUT**

## **DAY 3**

### **TRICEPS:**

- |                              |                        |
|------------------------------|------------------------|
| <b>1) REVERSE PUSH-UP</b>    | <b>10 SETS 10 REPS</b> |
| <b>2) CLOSE GRIP PUSH-UP</b> | <b>10 SETS 10 REPS</b> |

### **BICEPS:**

- |                                 |                        |
|---------------------------------|------------------------|
| <b>1) CLOSE GRIP PULL UPS</b>   | <b>10 SETS 10 REPS</b> |
| <b>2) SEATED DUMBBELL CURLS</b> | <b>5 SETS 10 REPS</b>  |

### **SHOULDERS:**

- |                                    |                       |
|------------------------------------|-----------------------|
| <b>1) BEHIND THE NECK PRESS</b>    | <b>3 SETS 15 REPS</b> |
| <b>2) OVER HEAD DUMBBELL PRESS</b> | <b>3 SETS 15 REPS</b> |
| <b>3) BARBELL FRONT RAISE</b>      | <b>3 SETS 15 REPS</b> |

### **TRAPS:**

- |                                  |                       |
|----------------------------------|-----------------------|
| <b>1) DUMBBELL UP-RIGHT ROWS</b> | <b>3 SETS 15 REPS</b> |
| <b>2) BACK BARBELL PUSH-UPS</b>  | <b>3 SETS 15 REPS</b> |

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# **POWER BUILDING WORK-OUT**

## **DAY 4**

### **WINGS:**

- 1) WIDE GRIP BACK PULL-UPS 5 SETS 10 REPS**
- 2) WIDE GRIP FRONT PULL-UPS 3 SETS 10 REPS**
- 3) CLOSE GRIP PULL-UPS 3 SETS 10 REPS**

### **LEGS:**

- 1) BARBELL SQUATS 3 SETS 10 REPS**
- 2) DUMBBELL SQUATS 3 SETS 10 REPS**

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# **POWER BUILDING WORK-OUT**

**DAY 5**

## **LOWER BACK:**

- |                           |                       |
|---------------------------|-----------------------|
| <b>1) DEAD-LIFT</b>       | <b>5 SETS 5 REPS</b>  |
| <b>2) GOOD MORNING</b>    | <b>3 SETS 15 REPS</b> |
| <b>3) HYPER EXTENSION</b> | <b>3 SETS 15 REPS</b> |

## **UPPER BACK:**

- |                                  |                       |
|----------------------------------|-----------------------|
| <b>1) BEND-OVER BARBELL ROWS</b> | <b>3 SETS 10 REPS</b> |
| <b>2) WIDE GRIP T-BAR ROWS</b>   | <b>3 SETS 10 REPS</b> |

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# **POWER BUILDING WORK-OUT**

**DAY 6**

## **LEGS:**

<b>1) STIFF LEGGED DEAD-LIFT</b>	<b>3 SETS 10 REPS</b>
<b>2) LEG CURLS</b>	<b>3 SETS 5 REPS</b>

## **ABS:**

<b>1) FORWARD CRUNCH</b>	<b>3 SETS 100 REPS</b>
<b>2) LYING LEG RAISES</b>	<b>3 SETS 100 REPS</b>

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**CELL:**

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# **MUSCLES & MUSCLES**

## **DAY 1**

### **WINGS & OBLIQUES**

**1) BACK LAT PULL DOWN                      5 SETS 25 REPS**  
**WITH**  
**TWISTER                                      5 SETS 2 MINUTES**

**2) FRONT PULL DOWN                      5 SETS 25 REPS**  
**WITH**  
**TWISTER                                      5 SETS 2 MINUTES**

**3) REVERSE PULL DOWN                      5 SETS 25 REPS**  
**WITH**  
**TWISTER                                      5 SETS 2 MINUTES**

**4) SEATED CABLE ROWS                      5 SETS 25 REPS**  
**WITH**  
**TWISTER                                      5 SETS 2 MINUTES**

**5) MACHINE PULL OVER                      5 SETS 100 REPS**

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# MUSCLES & MUSCLES

## DAY 2

## CHEST & OBLIQUES

## D) BENCH PRESS

**5 SETS 25 REPS**

**WITH**

# 'TWISTER

## 2) INCLINED BENCH PRESS

**5 SETS 25 REPS**

WITH

# 'TWISTER

### 3) SEATED CHEST PRESS

**5 SETS 25 REPS**

**WITH**

# 'TWISTER

#### 4) BUTTER-FLY 3 GRIPS

**5 SETS 25 REPS**

WITH

# 'TWISTER

## 5) MACHINE PULL OVER

### 3 SETS 100 REPS

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**CELL:**

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# **MUSCLES & MUSCLES**

## **DAY 3**

### **SHOULDERS & OBLIQUES**

**1) BEHIND THE NECK PRESS      5 SETS 25 REPS  
WITH  
TWISTER**

**2) MACHINE FRONT PRESS      5 SETS 25 REPS  
WITH  
TWISTER**

**3) PARELLAL MACHINE PRESS   5 SETS 25 REPS  
WITH  
TWISTER**

**4) STANDING DUMBBELL SIDE LATERAL RAISE  
5 SETS 25 REPS      WITH  
TWISTER**

**5) CABLE FRONT RAISE      5 SETS 25 REPS  
WITH  
TWISTER**

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# **MUSCLES & MUSCLES**

## **DAY 4**

### **BICEPS, TRICEPS & OBLIQUES**

**1) MACHINE PREACHER CURL     5 SETS 25 REPS**  
**WITH**  
**TWISTER**

**2) TRICEPS PUSH DOWN             5 SETS 25 REPS**  
**WITH**  
**TWISTER**

**3) STANDING CABLE CURL           5 SETS 25 REPS**  
**WITH**  
**TWISTER**

**4) OVER HEAD PUSH DOWN         5 SETS 25 REPS**  
**WITH**  
**TWISTER**

**5) DUMBBELL HAMMER CURL     5 SETS 25 REPS**  
**WITH**  
**TWISTER**

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# **MUSCLES & MUSCLES**

## **DAY 5**

### **LEGS & OBLIQUES**

**1) LEG PRESS** **5 SETS 25 REPS**  
**WITH**  
**TWISTER**

**2) HACK SQUATS** **5 SETS 25 REPS**  
**WITH**  
**TWISTER**

**3) LEG CURL** **5 SETS 25 REPS**  
**WITH**  
**TWISTER**

**4) LEG EXTENSION** **5 SETS 25 REPS**  
**WITH**  
**TWISTER**

**5) FREE SQUATS** **5 SETS 25 REPS**  
**WITH**  
**TWISTER**

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# **MUSCLES & MUSCLES**

## **DAY 6**

### **TOTAL BODY**

- |                                  |                       |
|----------------------------------|-----------------------|
| <b>1) LEG PRESS</b>              | <b>5 SETS 25 REPS</b> |
| <b>2) BUTTER FLY WIDE GRIP</b>   | <b>5 SETS 25 REPS</b> |
| <b>3) CABLE UP RIGHT ROWS</b>    | <b>5 SETS 25 REPS</b> |
| <b>4) SEATED CABLE ROWS</b>      | <b>5 SETS 25 REPS</b> |
| <b>5) FRONT DUMBBELL PRESS</b>   | <b>5 SETS 25 REPS</b> |
| <b>6) STANDING CABLE CURL</b>    | <b>5 SETS 25 REPS</b> |
| <b>7) TRICEP PUSH DOWN</b>       | <b>5 SETS 25 REPS</b> |
| <b>8) HYPER EXTENSION</b>        | <b>5 SETS 25 REPS</b> |
| <b>9) INCLINE FORWARD CRUNCH</b> | <b>5 SETS 25 REPS</b> |
| <b>10) BEND A STICK</b>          | <b>5 SETS 25 REPS</b> |
| <b>11) LEG RAISE</b>             | <b>5 SETS 25 REPS</b> |

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**CELL:**

**0300/2789796 \_ 0336/2789796 \_ 0345/2303009**

# **MUSCLE FACTORY**

## **DAY 1**

### **CHEST & ABS**

- |                                  |                       |
|----------------------------------|-----------------------|
| <b>1) MACHINE BENCH PRESS</b>    | <b>4 SETS 25 REPS</b> |
| <b>2) HANGING LEG RAISE</b>      | <b>4 SETS 25 REPS</b> |
| <b>3) BUTTER FLY WIDE GRIP</b>   | <b>4 SETS 25 REPS</b> |
| <b>4) INCLINE DUMBBELL PRESS</b> | <b>4 SETS 25 REPS</b> |
| <b>5) INCLINE FORWARD CRUNCH</b> | <b>4 SETS 25 REPS</b> |
| <b>6) SEATED BENCH PRESS</b>     | <b>4 SETS 25 REPS</b> |
| <b>7) LYING LEG RAISES</b>       | <b>4 SETS 25 REPS</b> |
| <b>8) MACHINE PULL OVER</b>      | <b>4 SETS 25 REPS</b> |
| <b>9) WALK</b>                   | <b>30 MINUTES</b>     |

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# MUSCLE FACTORY

## DAY 2

### WINGS & OBLIQUES

<b>1) WALK</b>	<b>30 MINUTES</b>
<b>2) BACK LAT PULL DOWN</b>	<b>4 SETS 25 REPS</b>
<b>3) BEND OVER STICK</b>	<b>4 SETS 25 REPS</b>
<b>4) FRONT LAT PULL DOWN</b>	<b>4 SETS 25 REPS</b>
<b>5) SIDE STICK</b>	<b>4 SETS 25 REPS</b>
<b>6) CLOSE GRIP PULL DOWN</b>	<b>4 SETS 25 REPS</b>
<b>7) SEATED SIDE STICK</b>	<b>4 SETS 25 REPS</b>
<b>8) SEATED CABLE ROWS</b>	<b>4 SETS 25 REPS</b>
<b>9) REVERSE PULL DOWN</b>	<b>4 SETS 25 REPS</b>
<b>WITH</b>	
<b>TWISTER</b>	<b>4 SETS 2 MINUTES</b>

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# **MUSCLE FACTORY**

## **DAY 3**

### **LOWER BACK & SHOULDERS**

- |                                  |                       |
|----------------------------------|-----------------------|
| <b>1) HYPER EXTENSION</b>        | <b>4 SETS 25 REPS</b> |
| <b>2) GOOD MORNING (STICK)</b>   | <b>4 SETS 25 REPS</b> |
| <b>3) BEHIND THE NECK PRESS</b>  | <b>4 SETS 25 REPS</b> |
| <b>4) FRONT MACHINE PRESS</b>    | <b>4 SETS 25 REPS</b> |
| <b>5) PARALLEL MACHINE PRESS</b> | <b>4 SETS 25 REPS</b> |
| <b>6) DUMBBELL SIDE LATERAL</b>  | <b>4 SETS 25 REPS</b> |
| <b>7) CABLE UP-RIGHT ROW</b>     | <b>4 SETS 25 REPS</b> |
| <b>8) CABLE FRONT RAISE</b>      | <b>4 SETS 25 REPS</b> |
| <b>9) SEATED DUMBBELL SHRUGS</b> | <b>4 SETS 25 REPS</b> |
| <b>10) WALK</b>                  | <b>30 MINUTES</b>     |

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# MUSCLE FACTORY

## DAY 4

### THIGHS & ABS

- |                             |                       |
|-----------------------------|-----------------------|
| <b>1) WALK</b>              | <b>30 MINUTES</b>     |
| <b>2) BODY JACK</b>         | <b>4 SETS 25 REPS</b> |
| <b>3) STATIONARY CYCLE</b>  | <b>5 MINUTES</b>      |
| <b>4) LEG EXTENSIONS</b>    | <b>4 SETS 25 REPS</b> |
| <b>5) LEG CURL</b>          | <b>4 SETS 25 REPS</b> |
| <b>6) LEG PRESS</b>         | <b>4 SETS 25 REPS</b> |
| <b>7) HACK SQUATS</b>       | <b>4 SETS 25 REPS</b> |
| <b>8) HANGING LEG RAISE</b> | <b>4 SETS 25 REPS</b> |
| <b>9) FORWARD CRUNCH</b>    | <b>4 SETS 25 REPS</b> |
| <b>WITH</b>                 |                       |
| <b>REVERSE CRUNCH</b>       | <b>4 SETS 25 REPS</b> |

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# **MUSCLE FACTORY**

## **DAY 5**

### **BICEPS, TRICEPS & FORE-ARMS**

**1) MACHINE PREACHER CURL      4 SETS 25 REPS**

**2) OVER HEAD PUSH-DOWN      4 SETS 25 REPS**

**3) HAMMER CURL      4 SETS 25 REPS**

**4) LYING FRENCH CURL      4 SETS 25 REPS**

**5) STANDING E-Z BAR WIDE GRIP CURL  
4 SETS 25 REPS**

**6) STANDING REVERSE CABLE CURL  
4 SETS 25 REPS**

**7) STANDING CABLE CURL      4 SETS 25 REPS**

**8) PUSH-DOWN      4 SETS 25 REPS**

**9) REVERSE PUSH-DOWN      4 SETS 25 REPS**

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# MUSCLE FACTORY

## DAY 6

### OVER ALL BODY

- |                             |                |
|-----------------------------|----------------|
| 1) STANDING CALF PRESS      | 3 SETS 25 REPS |
| 2) LEG PRESS                | 3 SETS 25 REPS |
| 3) HYPER EXTENSION          | 3 SETS 25 REPS |
| 4) TWISTER                  | 5 MINUTES      |
| 5) HANGING LEG RAISE        | 3 SETS 25 REPS |
| 6) INCLINED FORWARD CRUNCH  |                |
| 3 SETS 25 REPS              |                |
| 7) BENCH PRESS              | 3 SETS 25 REPS |
| 8) SEATED CABLE ROWS        | 3 SETS 25 REPS |
| 9) OVER HEAD DUMBBELL PRESS |                |
| 3 SETS 25 REPS              |                |
| 10) SEATED DUMBBELL SHRUGS  |                |
| 3 SETS 25 REPS              |                |
| 11) MACHINE PREACHER CURL   | 3 SETS 25 REPS |
| 12) TRICEP PUSH-DOWN        | 3 SETS 25 REPS |
| 13) REVERSE CABLE CURL      | 3 SETS 25 REPS |

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# **TOTAL MASS ROUTINE**

**MONDAY**

## **SHOULDERS**

- 1) BEHIND THE NECK PRESS      3 SETS 10 REPS**
- 2) OVER HEAD DUMBBEL PRESS 3 SETS 15  
REPS**
- 3) MILITARY PRESS                      3 SETS 5 REPS**
- 4) BARBELL UP-RIGHT ROWS      3 SETS 15 REPS**
- 5) BACK BARBELL SHRUGS          3 SETS 5 REPS**
- 6) SEATED DUMBBEL SHRUGS      3 SETS 10 REPS**
- 7) STANDING SIDE LATERAL      3 SETS 15 REPS**
- 8) STANDING BEND-OVER LATERALS 3 SETS 15  
REPS**

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# **TOTAL MASS ROUTINE**

**TUESDAY**

## **WINGS & LOWER BACK**

- |                                  |                       |
|----------------------------------|-----------------------|
| <b>1) DEAD LIFT</b>              | <b>3 SETS 5 REPS</b>  |
| <b>2) BEND-OVER BARBELL ROW</b>  | <b>3 SETS 15 REPS</b> |
| <b>3) SEATED CABLE ROWS</b>      | <b>3 SETS 5 REPS</b>  |
| <b>4) CLOSE GRIP PULL DOWN</b>   | <b>3 SETS 15 REPS</b> |
| <b>5) CLOSE GRIP T-BAR ROW</b>   | <b>3 SETS 5 REPS</b>  |
| <b>6) STRAIGHT ARM PUSH-DOWN</b> | <b>3 SETS 10 REPS</b> |
| <b>7) BACK LAT PULL DOWN</b>     | <b>3 SETS 15 REPS</b> |
| <b>8) FRONT LAT PULL DOWN</b>    | <b>3 SETS 15 REPS</b> |

**SHAKEEL AHMED**

**CELL: 0300/2789796**

**0336/2789796**

**0345/2303009**

# **TOTAL MASS ROUTINE**

**WEDNESDAY**

## **TRICEPS**

**1) OVER HEAD ROPE PUSH DOWN      3 SETS 10 REPS**

**2) OVER HEAD DUMBBEL EXTENSION 3 SETS 5 REPS**

**3) ALTERNATE LYING DUMBBEL FRENCH CURL  
3 SETS 15 REPS**

**4) LYING FRENCH CURL                      3 SETS 5 REPS**

**5) CLOSE GRIP BENCH PRESS      3 SETS 15 REPS**

**6) ONE ARM DUMBBEL EXTENSION 3 SETS 15 REPS**

**7) SEATED FRENCH E-Z BAR CURL    3 SETS 15 REPS**

**8) REVERSE PUSH UPS                      3 SETS 15 REPS**

**SHAKEEL AHMED**

**CELL: 0300/2789796**

**0336/2789796**

**0345/2303009**



# **TOTAL MASS ROUTINE**

**THURSDAY**

## **BICEPS**

**1) STANDING BARBELL CURL      3 SETS 15 REPS**

**2) STANDING ALTERNATE DUMBBELL CURL 3  
SETS 15 REPS**

**3) STANDING E-Z CURL (WIDE GRIP) 3 SETS 5  
REPS**

**4) INCLINE DUMBBEL CURL      3 SETS 12 REPS**

**5) CABLE PREACHER CURL      3 SETS 15 REPS**

**6) HAMMER CURL      3 SETS 15 REPS**

**7) PREACHER BARBELL CURL      3 SETS 15 REPS**

**8) DUMBBEL CURL      3 SETS 15 REPS**

**SHAKEEL AHMED**

**CELL: 0300/2789796**

**0336/2789796**

**0345/2303009**

# **TOTAL MASS ROUTINE**

**FRIDAY**

## **CHEST**

- |                                 |                       |
|---------------------------------|-----------------------|
| <b>1) BENCH PRESS</b>           | <b>3 SETS 10 REPS</b> |
| <b>2) INCLINE DUMBBEL PRESS</b> | <b>3 SETS 15 REPS</b> |
| <b>3) PARELLEL BAR DIPS</b>     | <b>3 SETS FAILURE</b> |
| <b>4) DECLINE BARBELL PRESS</b> | <b>3 SETS 15 REPS</b> |
| <b>5) PEC DECK FLY</b>          | <b>3 SETS 5 REPS</b>  |
| <b>6) CABLE CROSS OVER</b>      | <b>3 SETS 20 REPS</b> |
| <b>7) INCLINE DUMBBEL FLY</b>   | <b>3 SET 15 REPS</b>  |
| <b>8) FLAT DUMBBEL FLY</b>      | <b>3 SETS 15 REPS</b> |

**SHAKEEL AHMED**

**CELL: 0300/2789796**

**0336/2789796**

**0345/2303009**

# **TOTAL MASS ROUTINE**

**SATURDAY**

## **BICEPS & TRICEPS**

**1) STANDING CABLE CURL 3 SETS 5/10/15 REPS**

**2) MACHINE PREACHER CURL 3 SETS 5/10/15  
REPS**

**3) STANDING BARBELL CURL 3 SETS 5/10/15  
REPS**

**4) TRICEPS PUSH DOWN 3 SETS 5/10/15 REPS**

**5) OVER HEAD PUSH DOWN 3 SETS 5/10/15  
REPS**

**6) OVER HEAD ROPE PUSH DOWN 3 SETS  
5/10/15 REPS**

**SHAKEEL AHMED**

**CELL:**

**0300/2789796**

**0336/2789796**

**0345/2303009**

# **FILM STAR JOHN ABRAHAM WORK OUT**

## **DAY # 1**

### **CHEST**

- |                                  |                       |
|----------------------------------|-----------------------|
| <b>1) PEC DECK</b>               | <b>3 SETS 5 REPS</b>  |
| <b>2) CABLE CROSS OVER</b>       | <b>3 SETS 5 REPS</b>  |
| <b>3) BENCH PRESS ( HEAVY)</b>   | <b>3 SETS 15 REPS</b> |
| <b>4) DECLINE BENCH PRESS</b>    | <b>3 SETS 25 REPS</b> |
| <b>5) BUTTER FLY</b>             | <b>3 SETS 5 REPS</b>  |
| <b>6) SEATED BENCH PRESS</b>     | <b>3 SETS 5 REPS</b>  |
| <b>7) INCLINED BENCH PRESS</b>   | <b>3 SETS 15 REPS</b> |
| <b>8) INCLINED DUMBBEL PRESS</b> | <b>3 SETS 15 REPS</b> |
| <b>9) INCLINE DUMBLE FLY</b>     | <b>3 SETS 25 REPS</b> |

**SHAKEEL AHMED**

**CELL: 0300/2789796**

**0336/2789796**

**0345/2303009**

# **FILM STAR JOHN ABRAHAM WORK OUT**

## **DAY # 2**

### **BICEP**

**1) TWO ARM CABLE CURL                      3 SETS 5 REPS**

**2) STANDING E-Z BAR CURL (WIDE GRIP)  
    3 SETS 5 REPS**

**3) MACHINE PREACHER CURL    3 SETS 15 REPS**

**4) STANDING BARBELL CURL    3 SETS 25 REPS**

**5) INCLINED DUMBBELL CURL    3 SETS 5 REPS**

**6) 90 DEGREE PREACHER CURL   3 SETS 5 REPS**

**7) HAMMER CURL                              3 SETS 15 REPS**

**8) REVERSE CABLE CURL                  3 SETS 15 REPS**

**9) E-Z BAR PREACHER CURL (WIDE GRIP)  
    3 SETS 25 REPS**

**SHAKEEL AHMED**

**CELL: 0300/2789796**

**0336/2789796**

**0345/2303009**

# **FILM STAR JOHN ABRAHAM WORK OUT**

## **DAY # 3**

### **UPPER & LOWER BACK**

- |                                  |                       |
|----------------------------------|-----------------------|
| <b>1) DEAD LIFT</b>              | <b>3 SETS 5 REPS</b>  |
| <b>2) CLOSE GRIP T-BAR ROW</b>   | <b>3 SETS 5 REPS</b>  |
| <b>3) CLOSE GRIP PULL DOWN</b>   | <b>3 SETS 15 REPS</b> |
| <b>4) STRAIGHT ARM PULL DOWN</b> | <b>3 SETS 5 REPS</b>  |
| <b>5) BACL LAT PULL DOWN</b>     | <b>3 SETS 5 REPS</b>  |
| <b>6) FRONT PULL DOWN</b>        | <b>3 SETS 5 REPS</b>  |
| <b>7) SEATED CABLE ROW</b>       | <b>3 SETS 15 REPS</b> |
| <b>8) DUMBBELL ROW</b>           | <b>3 SETS 15 REPS</b> |
| <b>9) BEND OVER ROW</b>          | <b>3 SETS 25 REPS</b> |

**SHAKEEL AHMED**

**CELL: 0300/2789796**

**0336/2789796**

**0345/2303009**

# **FILM STAR JOHN ABRAHAM WORK OUT**

## **DAY # 4**

### **SHOULDERS**

**1) BEHIND THE NECK PRESS                      3 SETS 5 REPS**

**2) MILITARY PRESS                                3 SETS 5 REPS**

**3) SIDE LATERAL RAISE                        3 SETS 15 REPS**

**4) SEATED BEND OVER LATERAL RAISE  
    3 SETS 25 REPS**

**5) OVER HEAD DUMBBEL PRESS 3 SETS 5 REPS**

**6) FRONT BARBELL PRESS                      3 SETS 5 REPS**

**7) TWO ARM CABLE FRONT RAISE  
    3 SETS 15 REPS**

**8) SEATED DUMBBELL SHRUGS 3 SETS 25 REPS**

**SHAKEEL AHMED**

**CELL: 0300/2789796**

**0336/2789796**

**0345/2303009**

# **FILM STAR JOHN ABRAHAM WORK OUT**

## **DAY # 5**

### **TRICEPS**

**1) LYING FRENCH CURL                      3 SETS 5 REPS**

**2) CLOSE GRIP BENCH PRESS            3 SETS 5 REPS**

**3) PUSH DOWN (HEAVY)                3 SETS 15 REPS**

**4) REVERSE PUCH DOWN                3 SETS 25 REPS**

**5) OVER HEAD DUMBBELL EXTENSION  
   3 SETS 5 REPS**

**6) SEATED FRENCH CURL                3 SETS 5 REPS**

**7) ONE HAND DUMBBEL EXTENSION  
   3 SETS 15 REPS**

**8) TWO ARM DUMBBEL KICK BACK  
   3 SETS 15 REPS**

**9) OVER HEAD ROPE PUSH DOWN  
   3 SETS 25 REPS**

**SHAKEEL AHMED**

**CELL: 0300/2789796**

**0336/2789796**

**0345/2303009**



# **FILM STAR JOHN ABRAHAM WORK OUT**

## **DAY # 6**

### **THIGHS**

- |                                      |                       |
|--------------------------------------|-----------------------|
| <b>1) SQUATS</b>                     | <b>3 SETS 5 REPS</b>  |
| <b>2) LEG PRESS</b>                  | <b>3 SETS 5 REPS</b>  |
| <b>3) HACK SQUAT</b>                 | <b>3 SETS 15 REPS</b> |
| <b>4) LEG CURL + LEG EXTENSION</b>   | <b>3 SETS 15 REPS</b> |
| <b>5) STANDING CALF RAISE</b>        | <b>3 SETS 5 REPS</b>  |
| <b>6) CONCENTRATION CURL (BICEP)</b> | <b>3 SETS 15 REPS</b> |
| <b>7) ONE ARM PUSH DOWN</b>          | <b>3 SETS 25 REPS</b> |

**SHAKEEL AHMED**

**CELL: 0300/2789796**

**0336/2789796**

**0345/2303009**

## **FILM STAR SHAH RUKH KHAN**

**I AM SHAH RUKH KHAN, SHAPING BODY & ABS WAS A DIFFICULT TASK & MAINTAINING BOTH IS MORE DIFFICULT. IT WAS MY HEART DESIRE & PASSION TO HAVE A SIX PACK & I DID IT SO YOU CAN!. FOLLOW MY 4 DAY ROUTINE, DURING 24 HOURS I EXERCISE MY ABS AS SOON AS I GOT A CHANCE!**

**I DO 50 OR 100 REPS FOR FORWARD CRUNCH & MY TOTAL REPS WERE BETWEEN 1000 & 1500 REPS DAILY.**

# **FILM STAR SHAH RUKH KHAN**

## **DAY 1**

### **CHEST**

- |                                  |                       |
|----------------------------------|-----------------------|
| <b>1) BENCH PRESS</b>            | <b>3 SETS 8 REPS</b>  |
| <b>2) INCLINE DUMBBELL PRESS</b> | <b>3 SETS 10 REPS</b> |
| <b>3) INCLINE DUMBBELL FLYES</b> | <b>3 SETS 12 REPS</b> |
| <b>4) MACHINE/PEC DECK FLY</b>   | <b>3 SETS 15 REPS</b> |

### **TRICEPS**

- |                                   |                       |
|-----------------------------------|-----------------------|
| <b>1) CLOSE GRIP BENCH PRESS</b>  | <b>3 SETS 8 REPS</b>  |
| <b>2) PRESS DOWN</b>              | <b>3 SETS 15 REPS</b> |
| <b>3) LYING TRICEPS EXTENSION</b> | <b>3 SETS 12 REPS</b> |

### **ABS**

- |                              |                          |
|------------------------------|--------------------------|
| <b>1) HANGING LEG RAISES</b> | <b>3 SETS TO FAILURE</b> |
|------------------------------|--------------------------|

**SHAKEEL AHMED**

**CELL**

**0300/2789796**

**0336/2789796**

**0345/2303009**

# **FILM STAR SHAH RUKH KHAN**

**DAY 2**

## **SHOULDERS**

- 1) OVER HEAD BARBELL PRESS    3 SETS 8 REPS**
- 2) UP RIGHT ROW                      3 SETS 8 REPS**
- 3) SIDE LATERAL RAISE              3 SETS 12 REPS**
- 4) BEND OVER LATERAL RAISE 3 SETS 15 REPS**

## **TRAPS**

- 1) BARBELL SHRUGS                      3 SETS 8 REPS**
- 2) DUMBBELL SHRUGS                  2 SETS 10 REPS**

**SHAKEEL AHMED**

**CELL**

**0300/2789796**

**0336/2789796**

**0345/2303009**

# FILM STAR SHAH RUKH KHAN

## DAY 3

# BACK

- 1) PULL UP 3 SETS TO FAILURE**  
**2) BEND OVER BARBELL ROWS 3 SETS 8 REPS**  
**3) SEATED CABLE ROWS 3 SETS 10 REPS**  
**4) STRAIGHT ARM PULL OVER 3 SETS 12 REPS**

## BICEPS

- |                                  |                       |
|----------------------------------|-----------------------|
| <b>1) BARBELL CURL</b>           | <b>3 SETS 8 REPS</b>  |
| <b>2) PREACHER CURL</b>          | <b>3 SETS 10 REPS</b> |
| <b>3) INCLINE DUMBBELL CURLS</b> | <b>3 SETS 12 REPS</b> |

# ABS

- 1) REVERSE CRUNCHES                      3 SETS TO FAILURE**  
**2) CABLE CRUNCHES                      3 SETS 15 REPS**

# SHAKEEL AHMED

**0300-2789796**

**0336-2789796**

**0345-2303009**

# **FILM STAR SHAH RUKH KHAN**

## **DAY 4**

### **LEGS**

**1) LEG EXTENSION 3 SETS 15 REPS**  
**SUPER SETTED WITH**  
**SMITH MACHINE HALF SQUATS 3 SETS 12 REPS**

**2) LEG PRESS 3 SETS 15 REPS**  
**3) LUNGE 3 SETS 15 REPS**

**4) SEATED LEG CURL 3 SETS 15 REPS**  
**SUPER SETTED WITH**  
**ROMANIAN DEAD LIFT 3 SETS 15 REPS**

### **CALVES**

**1) STANDING CALF RAISE 3 SETS 6/8/8 REPS**  
**2) SEATED CALF RAISE 3 SETS 8 REPS**

# **SHAKEEL AHMED**

**0300/2789796**

**0336/2789796**

**0345/2303009**

**FILM STAR SALMAN KHAN**

**BODY BUILDING  
IS MY LOVE &  
PASSION, SO NO  
MATTER HOW  
BUSY I AM, I  
FIND AT LEAST  
ONE HOUR FOR  
MY WORKOUT!**

**SHAKEEL AHMED**

**0300/2789796**

**0336/2789796**

**0345/2303009**

# **FILM STAR SALMAN KHAN**

## **DAY 1**

### **THIS IS MY 6 DAY SCHEDULE**

#### **CHEST**

**1) BENCH PRESS**

**4 SETS 10 REPS**

#### **FRONT SHOULDERS**

**1) CABLE FRONT RAISE**

**3 SETS 15 REPS**

**2) FRONT DUMBBELL PRESS**

**3 SETS 15 REPS**

**3) SHOULDER FRONT PRESS**

**3 SETS 5 REPS**

#### **CHEST**

**1) DUMBBELL BENCH PRESS**

**3 SETS 5 REPS**

**2) BUTTER FLY FLYES**

**3 SETS 5 REPS**

#### **CHEST & FRONT SHOULDERS**

**1) SEATED DUMBBEL FLY**

**WITH**

**DUMBBEL FRONT RAISE**

**3 SETS 15 + 15 REPS**

**SHAKEEL AHMED**

**0300/2789796**

**0336/2789796**

**0345/2303009**



# **FILM STAR SALMAN KHAN**

## **DAY 2 (PYRAMID SETS)**

### **TRICEPS**

#### **1) OVER HEAD DUMBBEL EXTENSION**

**3 SETS 15+10+5 REPS**

### **BICEPS**

#### **1) DUMBBEL CURL**

**3 SETS 15+10+5 REPS**

### **TRICEPS**

#### **1) ROPE PUSH DOWN**

**3 SETS 15 REPS**

#### **2) DECLINE FRENCH CURL (BARBELL)**

**3 SETS 5 REPS**

### **BICEPS**

#### **1) E-Z CURL BAR WIDE GRIP PREACHER CURL**

**3 SETS 5 REPS**

#### **2) STANDING CLOSE GRIP CABLE CURL**

**(SEATED ROWING MACHINE)**

**3 SETS 15 REPS**

### **FOREARMS**

#### **1) INCLINE HAMMER CURL**

**3 SETS 15 REPS**

**SHAKEEL AHMED**

**0300/2789796**

**0336/2789796**

**0345/2303009**

# FILM STAR SALMAN KHAN

## DAY 3

# WINGS

**D) BACK LAT PULL DOWN                      4 SETS 10 REPS**

# DELTA'S

### **D) BEHIND THE NECK PRESS      3 SETS 15 REPS**

**2) OVER HEAD DUMBBEL PRESS**

**3 SETS 15 REPS**

**3) INCLINED RARE LATERAL RAISE**  
**3 SETS 5 REPS**

# WINGS

## D) WIDE GRIP T-BAR ROW 3 SETS 5 REPS

**2) WIDE GRIP SEATED CABLE ROWS**  
**3 SETS 5 REPS**

## WINGS & RARE DELTS

## D) TWO ARM BEND OVER DUMBBEL ROWS

**WITH  
BEND OVER DUMBBEL LATERAL RAISE  
3 SETS 15+15 REPS**

# SHAKEEL AHMED

**0300/2789796**

**0336/2789796**

**0345/2303009**

# **FILM STAR SALMAN KHAN**

## **DAY 4**

### **LEGS**

**1) BARBELL SQUATS**

**5 SETS 5 REPS**

**2) LEG EXTENSION**

**3 SETS 5 REPS**

### **CALVES**

**1) STANDING CALF RAISE**

**3 SETS 15 REPS**

### **CHEST**

**1) DUMBBEL PULL OVER**

**5 SETS 5 REPS**

### **WINGS**

**1) REVERSE PULL UPS**

**3 SETS 15 REPS**

### **CHEST**

**1) DECLINE DUMBBEL FLY**

**3 SETS 15 REPS**

### **WINGS**

**1) FLAT BENCH LYING BARBELL PULL OVER**

**(4 FEET BARBELL)**

**3 SETS 15 REPS**

**SHAKEEL AHMED**

**0300/2789796**

**0336/2789796**

**0345/2303009**

# **FILM STAR SALMAN KHAN**

## **DAY 5**

### **LOWER BACK**

**1) HYPER EXTENSION WITH WEIGHT**

**3 SETS 10 REPS**

**2) GOOD MORNING**

**3 SETS 15 REPS**

### **ABS**

**1) FORWARD CRUNCH**

**WITH**

**LYING LEG RAISE**

**3 SETS 25+25 REPS**

### **CHEST**

**1) PEC DECK FLYES**

**3 SETS 25 REPS**

### **RARE DELTS**

**1) SEATED RARE DUMBBELL RARE LATERAL  
RAISE**

**3 SETS 25 REPS**

### **UPPER BACK**

**1) INCLINED DUMBBELL BEND OVER ROWS**

**3 SETS 25 REPS**

**2) REVERSE STRAIGHT ARM PUSH DOWN**

**3 SETS 25 REPS**

**SHAKEEL AHMED**

**0300/2789796**

**0336/2789796**

**0345/2303009**

# **FILM STAR SALMAN KHAN**

## **DAY 6**

### **TRAPS**

#### **1) SEATED DUMBBEL SHRUGS**

**5 SETS 25+15+10+5+5 REPS**

#### **2) RARE BARBELL SHRUGS (WIDE GRIP)**

**5 SETS 25+15+10+5+5 REPS**

### **TRICEPS**

#### **1) CLOSE GRIP BENCH PRESS**

**5 SETS 25+15+10+5+5 REPS**

#### **2) LYING DUMBBELL FRENCH CURL**

**5 SETS 25+15+10+5+5 REPS**

### **BICEPS**

#### **1) CONCENTRATION CURL ON FLAT BENCH**

**5 SETS 25+15+10+5+5 REPS**

#### **2) STANDING (4 FEET) BARBELL CURL**

**5 SETS 25+15+10+5+5 REPS**

### **FOREARMS**

#### **1) 90 DEGREES HAMMER CURL**

**5 SETS 25+15+10+5+5 REPS**

**SHAKEEL AHMED**

**0300/2789796**

**0336/2789796**

**0345/2303009**

# **FILM STAR AMIR KHAN**

**NOTHING IS IMPOSSIBLE IF  
YOU KEEP YOUR WILL  
STRONG JUST LIKE ME!**

**AS THERE IS LIMIT OF  
AGE FOR LEARNING, A TEEN  
AGER & A 100 YEAR OLD  
BOTH CAN DO WORK OUT.**

**I DO NOT WORK OUT  
REGULARLY DUE TO MY  
BUSY BOLLYWOOD SCHEDULE  
BUT WHEN I GOT TIME I USE  
IT TO WORKOUT!**

**SHAKEEL AHMED**

**0300/2789796**

**0336/2789796**

**0345/2303009**

# **FILM STAR AMIR KHAN**

## **MY SIX DAY ROUTINE**

### **DAY 1**

#### **CARDIO**

**TREADMILL RUN**

**20 MINUTES**

#### **LEGS**

**1) LEGS EXTENSION**

**3 SETS 10 REPS**

**2) LEG CURLS**

**3 SETS 10 REPS**

**3) BARBELL LUNGES**

**3 SETS 15 REPS**

**4) DUMBBELLS SQUATS**

**3 SETS 10 REPS**

#### **CALVES**

**1) STANDING CALF RAISES**

**3 SETS 15 REPS**

**SHAKEEL AHMED**

**0300/2789796**

**0336/2789796**

**0345/2303009**

# **FILM STAR AMIR KHAN**

## **DAY 2**

### **CARDIO**

**BRISK WALKING ON BEACH**

**20 MINUTES**

### **CHEST**

**1) FLAT BENCH PRESS**

**3 SETS 10 REPS**

**2) WIDE GRIP PUSH-UPS**

**3 SETS 25 REPS**

**3) INCLINE DUMBBELL FLY**

**3 SETS 15 REPS**

**4) PARALLEL BAR DIPS**

**3 SETS 25 REPS**

**5) DUMBBELL PULL-OVER**

**3 SETS 5 REPS**

**SHAKEEL AHMED**

**0300/2789796**

**0336/2789796**

**0345/2303009**



# **FILM STAR AMIR KHAN**

**DAY 3**

## **CARDIO**

**STATIONERY CYCLE**

**20 MINUTES**

## **LOWER BACK**

**1) HYPER EXTENSION**

**3 SETS 15 REPS**

## **UPPER BACK**

**1) WIDE GRIP T-BAR ROWS**

**3 SETS 10 REPS**

**2) BACK PULL-UPS**

**3 SETS 25 REPS**

**3) CLOSE GRIP PULL DOWN**

**3 SETS 5 REPS**

**4) FRONT PULL-UPS**

**3 SETS 25 REPS**

**SHAKEEL AHMED**

**0300/2789796**

**0336/2789796**

**0345/2303009**

# **FILM STAR AMIR KHAN**

**DAY 4**

## **CARDIO**

**NORMAL WALK**

**20 MINUTES**

## **TRAPS**

**1) CABLE UP-RIGHT ROWS                      3 SETS 25 REPS**

## **RARE DELTS**

**1) SEATED BEND-OVER LATEAL RAISE**  
**3 SETS 25 REPS**  
**2) OVER HEAD DUMBBEL PRESS 3 SETS 5 REPS**

## **FRONT DELTS**

**1) TWO ARMS DUMBBELS FRONT DELTS**  
**3 SETS 25 REPS**

## **SIDE DELTS**

**1) SEATED DUMBBEL SIDE LATERALS**  
**3 SETS 25 REPS**

**SHAKEEL AHMED**

**0300/2789796**

**0336/2789796**

**0345/2303009**

# **FILM STAR AMIR KHAN**

## **DAY 5**

### **TRICEPS**

**1) TRICEPS PUSH-DOWN                      3 SETS 15 REPS**

**2) CLOSE GRIP BENCH PRESS      3 SETS 15 REPS**

### **BICEPS**

**1) STANDING CABLE CURLS              3 SETS 15 REPS**

**2) STANDING BARBELL CURL      3 SETS 15 REPS**

### **FOREARMS**

**1) PREACHER HAMMER CURL      3 SETS 25 REPS**

**SHAKEEL AHMED**

**0300/2789796**

**0336/2789796**

**0345/2303009**

# **FILM STAR AMIR KHAN**

## **DAY 6**

### **ABS**

- 1) INCLINED LEG RAISES                      3 SETS 25 REPS**
- 2) INCLINED FORWARD CRUNCH                      3 SETS 25 REPS**
- 3) INCLINED KNEE RAISES                      3 SETS 25 REPS**
- 4) FLAT FORWARD CRUNCHES    3 SETS 25 REPS**

### **SIDE OBLIQUES**

- 1) BODY TWIST WHEEL                      3 SETS FOR 5 MINUTES EACH**

**NOTE: PROTEIN INTAKE IS NECESSARY**

***SHAKEEL AHMED***

***0300/2789796***

***0336/2789796***

***0345/2303009***

# **BODY SHAPING WORK-OUT FOR ENDOMORPH IN 8 WEEKS**

## **LEVEL 1 WEEK 1-3-5-7**

### **CIRCUIT 1**

- |                                |                       |
|--------------------------------|-----------------------|
| <b>1) LEG PRESS</b>            | <b>3 SETS 15 REPS</b> |
| <b>2) TOE PRESS</b>            | <b>3 SETS 15 REPS</b> |
| <b>3) CABLE UP-RIGHT ROWS</b>  | <b>3 SETS 15 REPS</b> |
| <b>4) CLOSE GRIP PULL DOWN</b> | <b>3 SETS 15 REPS</b> |

### **CIRCUIT 2**

- |                                 |                       |
|---------------------------------|-----------------------|
| <b>1) FORWARD CRUNCH</b>        | <b>3 SETS 15 REPS</b> |
| <b>2) HYPER EXTENSION</b>       | <b>3 SETS 15 REPS</b> |
| <b>3) STANDING SIDE LATERAL</b> | <b>3 SETS 15 REPS</b> |
| <b>4) TRICEP PUSH-DOWN</b>      | <b>3 SETS 15 REPS</b> |

### **CIRCUIT 3**

- |                               |                       |
|-------------------------------|-----------------------|
| <b>1) REVERSE CRUNCH</b>      | <b>3 SETS 15 REPS</b> |
| <b>2) STANDING CABLE CURL</b> | <b>3 SETS 15 REPS</b> |
| <b>3) HAMMER CURL</b>         | <b>3 SETS 15 REPS</b> |
| <b>4) BODY TWIST WHEEL</b>    | <b>5 MINUTES</b>      |

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0336/2789796  
0345/2303009**

**BODY SHAPING WORK-OUT FOR ENDOMORPH IN 8 WEEKS**

**THESE CIRCUITS SHOULD  
BE DONE IN ORDER  
ALONG WITH ONE MUSCLE  
GROUP DAILY (AFTER  
THE CIRCUITS).**

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**CELL**

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## **BODY SHAPING WORK-OUT FOR ENDOMORPH IN 8 WEEKS**

### **MONDAY-CHEST**

- |                                  |                      |
|----------------------------------|----------------------|
| <b>1) BENCH PRESS</b>            | <b>3 SETS 5 REPS</b> |
| <b>2) INCLINE DUMBBELL PRESS</b> | <b>3 SETS 5 REPS</b> |
| <b>3) PARELLEL BAR DIPS</b>      | <b>3 SETS 5 REPS</b> |

### **THUESDAY-UPPER & LOWER BACK**

- |                                  |                      |
|----------------------------------|----------------------|
| <b>1) DEAD LIFT</b>              | <b>3 SETS 5 REPS</b> |
| <b>2) BEND-OVER BARBELL ROWS</b> | <b>3 SETS 5 REPS</b> |
| <b>3) CLOSE GRIP PULL DOWN</b>   | <b>3 SETS 5 REPS</b> |

### **WEDNESDAY-SHOULDERS & TRAPS**

- |                                    |                      |
|------------------------------------|----------------------|
| <b>1) OVER HEAD DUMBBELL PRESS</b> | <b>3 SETS 5 REPS</b> |
| <b>2) MILITRY PRESS</b>            | <b>3 SETS 5 REPS</b> |
| <b>3) SEATED DUMBBELL SHRUGS</b>   | <b>3 SETS 5 REPS</b> |

### **THURSDAY-TRICEPS**

- |  |                      |
|--|----------------------|
| <b>1) CLOSE GRIP BENCH PRESS</b>       | <b>3 SETS 5 REPS</b> |
| <b>2) OVER HEAD DUMBBELL EXTENSION</b> | <b>3 SETS 5 REPS</b> |
| <b>3) LYING FRENCH CURL</b>            | <b>3 SETS 5 REPS</b> |

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**BODY SHAPING WORK-OUT FOR ENDOMORPH IN 8 WEEKS**

**FRIDAY-BICEPS**

**1) SEATED BARBELL CURL (BENCH PRESS BAR)**

**3 SETS 5 REPS**

**2) CONCENTRATION CURL 3 SETS 5 REPS**

**3) STANDING E-Z CURL BAR (WIDE GRIP)**

**3 SETS 5 REPS**

**SATURDAY**

**WEAK MUSCLE GROUPS**

**OR**

**FAVORITE MUSCLE GROUPS**

**OR**

**CARDIO**

**OR**

**REST**

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# **BODY SHAPING WORK-OUT FOR ENDOMORPH IN 8 WEEKS**

## **LEVEL 2 WEEK 2-4-6-8**

### **MONDAY-CHEST, ABS & LOWER BACK**

<b>1) BENCH PRESS</b>	<b>3 SETS 25 REPS</b>
<b>2) HANGING LEG RAISE</b>	<b>3 SETS 25 REPS</b>
<b>3) FLAT DUMBBELL PRESS</b>	<b>3 SETS 25 REPS</b>
<b>4) FLAT DUMBBELL FLY</b>	<b>3 SETS 25 REPS</b>
<b>5) HYPER-EXTENSION</b>	<b>3 SETS 25 REPS</b>
<b>6) CABLE CROSS-OVER</b>	<b>3 SETS 25 REPS</b>
<b>7) FORWARD CRUNCH</b>	<b>3 SETS 25 REPS</b>
<b>8) INCLINE BENCH PRESS</b>	<b>3 SETS 25 REPS</b>
<b>9) PEC DECK FLY</b>	<b>3 SETS 25 REPS</b>
<b>10) BODY TWIST WHEEL</b>	<b>5 MINUTES</b>
<b>11) SEATED CHEST PRESS</b>	<b>3 SETS 15 REPS</b>
<b>12) CARDIO</b>	<b>15 MINUTES</b>

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# **BODY SHAPING WORK-OUT FOR ENDOMORPH IN 8 WEEKS**

## **LEVEL 2 WEEK 2-4-6-8**

### **TUESDAY-BACK**

- |                                      |                       |
|--------------------------------------|-----------------------|
| <b>1) BACK LAT PULL-DOWN</b>         | <b>3 SETS 15 REPS</b> |
| <b>2) BEND-OVER STICK</b>            | <b>3 SETS 15 REPS</b> |
| <b>3) FRONT LAT PULL-DOWN</b>        | <b>3 SETS 15 REPS</b> |
| <b>4) BEND-OVER STICK</b>            | <b>3 SETS 15 REPS</b> |
| <b>5) REVERSE PULL-DOWN</b>          | <b>3 SETS 15 REPS</b> |
| <b>6) BEND-OVER STICK</b>            | <b>3 SETS 15 REPS</b> |
| <b>7) V GRIP PULL-DOWN</b>           | <b>3 SETS 15 REPS</b> |
| <b>8) BODY TWIST WHEEL</b>           | <b>5 MINUTES</b>      |
| <b>9) BACK LAT PULL-DOWN (HEAVY)</b> | <b>3 SETS 15 REPS</b> |
| <b>10) SEATED CABLE ROWS (HEAVY)</b> | <b>3 SETS 15 REPS</b> |
| <b>11) SIDE STICK BEND</b>           | <b>3 SETS 15 REPS</b> |

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**LEVEL 2**  
**WEEK 2-4-6-8**

<b>1) HANGING LEG RAISE</b>	<b>3 SETS 15 REPS</b>
<b>2) INCLINE LEG RAISE</b>	<b>3 SETS 15 REPS</b>
<b>3) FLAT LEG RAISE</b>	<b>3 SETS 15 REPS</b>
<b>4) OVER HEAD DUMBBELL PRESS</b>	
<b>+</b>	
<b>DUMBBELL SHRUGS</b>	<b>3 SETS 15 REPS</b>
<b>5) FRONT BARBELL PRESS</b>	
<b>+</b>	
<b>FRONT BARBELL SHRUGS</b>	<b>3 SETS 15 REPS</b>
<b>6) ONE ARM SIDE CABLE LATERAL</b>	
	<b>3 SETS 15 REPS</b>
<b>7) BEHIND NECK PRESS</b>	<b>3 SETS 5 REPS</b>
<b>8) WIDE GRIP BARBELL UP-RIGHT ROW</b>	
	<b>3 SETS 5 REPS</b>
<b>9) BACK BARBELL SHRUGS</b>	<b>3 SETS 5 REPS</b>

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**BODY SHAPING WORK-OUT FOR ENDOMORPH IN 8 WEEKS**

**LEVEL 2  
WEEK 2-4-6-8**

**THURSDAY-LOWER & UPPER BACK**

- |                                      |                       |
|--------------------------------------|-----------------------|
| <b>1) DEAD LIFT</b>                  | <b>3 SETS 15 REPS</b> |
| <b>2) GOOD MORNING</b>               | <b>3 SETS 25 REPS</b> |
| <b>3) HYPER-EXTENSION</b>            | <b>3 SETS 25 REPS</b> |
| <b>4) BEND-OVER BARBELL ROW</b>      |                       |
| <b>+</b>                             |                       |
| <b>REVERSE BEND-OVER BARBELL ROW</b> |                       |
|                                      | <b>3 SETS 15 REPS</b> |
| <b>5) T-BAR ROW</b>                  |                       |
| <b>+</b>                             |                       |
| <b>REVERSE T-BAR ROW</b>             | <b>3 SETS 15 REPS</b> |
| <b>6) TWO ARM DUMBBELL ROW</b>       |                       |
| <b>+</b>                             |                       |
| <b>REVERSE DUMBBELL ROW</b>          | <b>3 SETS 15 REPS</b> |
| <b>7) INCLINE BENCH PRESS</b>        | <b>7 SETS 10 REPS</b> |

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## BODY SHAPING WORK-OUT FOR ENDOMORPH IN 8 WEEKS

## LEVEL 2

**WEEK 2-4-6-8**

## FRIDAY-BICEPS, FOREARMS & TRICEPS

**D) REVERSE PUSH-UP** **3 SETS 15 REPS**

**2) REVERSE PUSH-DOWN                      3 SETS 15 REPS**

### 3) REVERSE CABLE CURL 3 SETS 15 REPS

#### 4) REVERSE PREACHER CURL 3 SETS 15 REPS

## 5) ONE HAND DUMBBELL EXTENSION

+

## CONCENTRATION CURL 3 SETS 15 REPS

## 6) STANDING BARBELL CURL 3 SETS 15 REPS

**7) LYING FRENCH CURL                      3 SETS 15 REPS**

**8) WRIST CURL** **3 SETS 15 REPS**

## 9) TWO DUMBBELL EXTENSION

+

## DUMBBELL CURL

+

## HAMMER CURL      3 SETS UNLIMITED REPS

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# **BODY SHAPING WORK-OUT FOR ENDOMORPH IN 8 WEEKS**

## **LEVEL 2 WEEK 2-4-6-8**

### **SATURDAY-TOTAL**

<b>1) WALKER</b>	<b>10 MINUTES</b>
<b>+</b>	
<b>BODY TWIST WHEEL</b>	<b>5 MINUTES</b>
<b>2) HYPER-EXTENSION</b>	<b>3 SETS 15 REPS</b>
<b>3) FORWARD CRUNCH</b>	
<b>+</b>	
<b>REVERSE CRUNCH</b>	<b>3 SETS 15 REPS</b>
<b>4) LEG PRESS</b>	
<b>+</b>	
<b>TOE PRESS</b>	<b>3 SETS 15 REPS</b>
<b>5) BACK LAT PULL-DOWN</b>	
<b>+</b>	
<b>FRONT LAT PULL-DOWN</b>	<b>1 SET 15 REPS</b>
<b>6) BACK BARBELL PRESS</b>	
<b>+</b>	
<b>FRONT BARBELL PRESS</b>	<b>1 SET 15 REPS</b>
<b>7) UP-RIGHT ROWS</b>	
<b>+</b>	
<b>FRONT SHRUGS</b>	<b>1 SET 15 REPS</b>
<b>8) BENCH DUMBBELL FLY</b>	
<b>+</b>	
<b>DUMBBELL FLY</b>	<b>1 SET 15 REPS</b>

**9) LYING DUMBBELL FRENCH CURL**

**+**

**SEATED DUMBBELL CURL**

**+**

**HAMMER CURL**

**1 SET 15 REPS**

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# **TOTAL MASS AND MUSCLE DEFINATION**

## **DAY # 1**

### **CHEST WARM UP**

**BENCH PRESS**

**WITH**

**ALTERNATE DUMBBELL CURL 3 SETS 15 REPS**

**DUMBBELL PULL OVER**

**WITH**

**E-Z CURL BAR BICEP CURL 3 SETS 15 REPS**

**1) STANDING 4 FEET BARBELL CURL**

**4 SETS 10,5,15,10 REPS**

**2) INCLINED HAMMER CURL**

**4 SETS 25,5,5,10 REPS**

**3) 3 FEET BARBELL CURL**

**4 SETS 15,10,10,15 REPS**

**4) STANDING REVERSE BARBELL CURL**

**4 SETS 25,15,10,10 REPS**

**5) STANDING ALTERNATE DUMBBEL CURL**

**4 SETS 5 REPS EACH**

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# **TOTAL MASS AND MUSCLE DEFINATION**

**DAY # 2**

## **CHEST WARM UP**

**INCLINED BENCH PRESS**

**3 SETS 5 REPS**

**PEC DECK FLY**

**3 SETS 15 REPS**

## **DELTS/SHOULDERS**

**1) MILITARY PRESS**

**4 SETS 10,5,5,10 REPS**

**2) CABLE SIDE LATERAL RAISE**

**4 SETS 10 REPS**

**3) BEHIND THE NECK PRESS**

**4 SETS 5,5,5,5 REPS**

**4) INCLINED REAR LATERAL RAISE**

**4 SETS 10 REPS**

**5) OVER HEAD DUMBBEL PRESS**

**4 SETS 5 REPS**

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# **TOTAL MASS AND MUSCLE DEFINATION**

## **DAY # 3**

### **TRICEPS**

**1) E-Z CURL BAR CLOSE GRIP BENCH PRESS  
4 SETS 5 REPS**

**2) OVER HEAD SEATED FRENCH CURL  
4 SETS 8 REPS**

**3) 2 ARMS DUMBBELL KICK BACK  
4 SETS 10 REPS**

**4) REVERSE PUSH DOWN  
4 SETS 25 REPS**

**5) INCLINE FRENCH CURL WITH DUMBBELLS  
4 SETS 10 REPS**

**6) OVER HEAD ROPE PUSH DOWN (UP PULLEY)  
4 SETS 12 REPS**

**7) ONE HAND DUMBBELL EXTENSION (LIGHT)  
4 SETS 15 REPS**

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# **TOTAL MASS AND MUSCLE DEFINATION**

## **DAY # 4**

### **CHEST**

**1) PEC DECK FLY**

**5 SETS 5 REPS**

**2) CABLE CROSS OVER**

**3 SETS 15 REPS**

**3) SEATED BENCH PRESS**

**5 SETS 5 REPS**

**4) PARALLEL BAR DIPS**

**3 SETS TO FAILURE**

**5) INCLINE DUMBBELL FLY**

**3 SETS 5 REPS**

**6) INCLINE DUMBBELL PULL OVER**

**3 SETS 15 REPS**

**7) FLAT DUMBBELL PRESS**

**3 SETS 8 REPS**

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# **TOTAL MASS AND MUSCLE DEFINATION**

**DAY # 5**

## **CALF**

**1) TOE PRESS  
3 SETS 15 REPS**

## **LEGS**

**1) SQUATS  
3 SETS 15 REPS**

## **WINGS**

**1) REVERSE STRAIGHT ARMS PUSH DOWN  
3 SETS 15 REPS**

## **TRAPS**

**1) REVERSE UP RIGHT ROWS  
3 SETS 15 REPS**

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## **WINGS**

**1) BACK LAT FULL DOWN (2 FEET ROD)  
3 SETS 5 REPS**

**2) REVERSE T-BAR ROW  
3 SETS 5 REPS**

## **TRAPS**

**1) OVER HEAD DUMBBELL SHRUGS (10 SECONDS  
HOLD)  
3 SETS 15 REPS**

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# **TOTAL MASS AND MUSCLE DEFINATION**

**DAY # 6**

## **BICEP**

**1) STABDING BARBELL CURL (CHEST ROD)  
3 SETS 15 REPS**

**WITH  
STANDING BARBELL CURL ( 3 FEET ROD)  
2 SETS 15 REPS**

**2) E-Z BAR WIDE GRIP CURL  
3 SETS 15 REPS**

**WITH  
E-Z BAR CLOSE GRIP CURL  
2 SETS 15 REPS**

## **TRICEP**

**1) LYING FRENCH CURL (CHEST ROD)  
3 SETS 5 REPS**

**WITH  
LYING FRENCH CURL (3 FEET ROD) WIDE GRIP  
2 SETS 15 REPS**

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**2) DECLINE E-Z BAR WIDE GRIP FRENCH CURL  
3 SETS 15 REPS**

**WITH  
DECLINE E-Z BAR CLOSE GRIP FRENCH CURL  
2 SETS 15 REPS**

**3) TRICEP ROPE PUSH DOWN  
3 SETS 5 REPS**

## **BICEP**

**1) STABBING ROPE CABLE CURL  
3 SETS 5 REPS**

**2) PREACHER HAMMER CURL  
2 SETS 25 REPS**

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# **NEW FITNESS ROUTINE**

## **DAILY EXERCISE ROUTINE**

- 1) WALKER MACHINE      3 SETS 5 MINUTES EACH**
- 2) BODY JACK            5 SETS 15 REPS**
- 3) TWISTER              3 SETS 5 MINUTES EACH**

## **MONDAY (INCLUDE DAILY EXERCISES)**

### **CHEST**

- 1) COMMANDO BENCH PRESS      3 SETS 15 REPS**
- 2) SEATED BENCH PRESS        3 SETS 15 REPS**
- 3) WIDE GRIP BUTTER FLY      3 SETS 100 REPS**
- 4) PULL-OVER MACHINE        3 SETS 100 REPS**

### **LOWER BACK**

- 1) HYPER EXTENSION            3 SETS 10 REPS**
- 2) GOOD MORNING WITH STICK 3 SETS 25 REPS**

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# **NEW FITNESS ROUTINE**

**TUESDAY (INCLUDE DAILY EXERCISES)**

## **WINGS**

**1) BACK LAT PULL-DOWN                      3 SETS 15 REPS**

**2) FRONT LAT PULL DOWN                  3 SETS 15 REPS**

**3) REVERSE PULL DOWN                    3 SETS 100 REPS**

**4) CLOSE GRIP PULL DOWN                3 SETS 100 REPS**

## **SIDE OBLIQUES**

**1) BENT OVER STICK                        3 SETS 10 REPS**

**2) SIDE STICK BEND                        3 SETS 25 REPS**

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# **NEW FITNESS ROUTINE**

## **WEDNESDAY**

### **SHOULDERS**

**1) BEHIND THE NECK PRESS WITH COMMANDO  
BENCH PRESS MACHINE 3 SETS 15 REPS**

**2) FRONT MACHINE PRESS 3 SETS 15 REPS**

**3) PARALLEL GRIP MACHINE PRESS  
3 SETS 100 REPS**

**4) CABLE UP-RIGHT ROWS 3 SETS 100 REPS**

### **LOWER ABS**

**1) HANGING LEG RAISES 3 SETS 10 REPS**

**2) HANGING KNEE RAISES 3 SETS 25 REPS**

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# **NEW FITNESS ROUTINE**

## **BICEPS,TRICEPS & FOREARMS**

**1) STANDING CABLE CURLS                      3 SETS 15 REPS**

**2) TRICEPS PUSH DOWN                      3 SETS 15 REPS**

**3) REVERSE CABLE CURLS                      3 SETS 100 REPS**

**4) REVERSE PUSH DOWN                      3 SETS 100 REPS**

## **UPPER ABS**

**1) LYING FORWARD CRUNCH                      3 SETS 10 REPS**

**2) INCLINE FORWARD CRUNCH 3 SETS 25 REPS**

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# **NEW FITNESS ROUTINE**

## **FRIDAY**

### **CALVES & LEGS**

**1) STANDING CALVES RAISES      3 SETS 15 REPS**

**2) LEG PRESS      3 SETS 15 REPS**

**3) LEG EXTENSION      3 SETS 100 REPS**

**4) LEG CURLS      3 SETS 100 REPS**

### **CARDIO EXERCISES (OPTIONAL)**

**1) WALK IN THE PARK FOR      30 MINUTES**

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# **NEW FITNESS ROUTINE**

**SATURDAY**

## **TOTAL BODY**

- |  |                          |
|--|--------------------------|
| <b>1) LEG PRESS (TOE PRESS)</b>                | <b>3 SETS 15 REPS</b>    |
| <b>2) HACK SQUATS</b>                          | <b>3 SETS 15 REPS</b>    |
| <b>3) SEATED CABLE ROWS</b>                    | <b>3 SETS 15 REPS</b>    |
| <b>4) SEATED DUMBBELL SHRUGS</b>               | <b>3 SETS 15 REPS</b>    |
| <b>5) FLAT DUMBBELL FLY</b>                    | <b>3 SETS 15 REPS</b>    |
| <b>6) DEAD LIFT</b>                            | <b>3 SETS 15 REPS</b>    |
| <b>7) DUMBBELL PRESS</b>                       | <b>3 SETS 15 REPS</b>    |
| <b>8) FORWARD CRUNCH WITH REVERSE CRUNCH</b>   | <b>3 SETS TO FAILURE</b> |
| <b>9) MACHINE PREACHER CURLS</b>               | <b>3 SETS 15 REPS</b>    |
| <b>10) OVER HEAD PUSH DOWN ( LOWER PULLEY)</b> | <b>3 SETS 15 REPS</b>    |
| <b>11) HAMMER CURLS</b>                        | <b>3 SETS 15 REPS</b>    |

## **NOTE**

**FOR GOOD RESULTS TAKE A PROTEIN RICH  
DIET & DO NOT USE JUNK FOOD.**

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# **NEW BIGGER EXERCISE ROUTINE**

## **DAILY EXERCISES**

**1) FREE WEIGHT SQUATS                      3 SETS 100 REPS**

**2) PULL UPS WITH 3 GRIPS**

**OR**

**MACHINE PULL UPS                      5 SETS 10 REPS**

**(EVERY EXERCISE HAS 5 SETS 10 REPS)**

**3) REVERSE PUSH UPS                      3 SETS 15 REPS**

**4) PARELLEL BAR DIPS                      3 SETS 15 REPS**

**5) DEAD LIFT WITH MODERATE WEIGHT**

**3 SETS 15 REPS**

## **1<sup>ST</sup> DAY**

### **CHEST**

**1) BARBELL BENCH PRESS                      3 SETS 10 REPS**

**2) INCLINE DUMBBELL PRESS                      3 SETS 10 REPS**

**3) INCLINE DUMBBELL FLY                      3 SETS 10 REPS**

**4) FLAT DUMBBELL FLY                      3 SETS 10 REPS**

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# **NEW BIGGER EXERCISE ROUTINE**

## **2<sup>ND</sup> DAY**

### **WINGS**

**1) BACK LAT PULL DOWN                      3 SETS 10 REPS**

**2) ONE HAND DUMBBELL ROW    3 SETS 10 REPS**

**3) SEATED CABLE ROWS                      3 SETS 10 REPS**

**4) V GRIP PULL DOWN                      3 SETS 10 REPS**

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# **NEW BIGGER EXERCISE ROUTINE**

## **3<sup>RD</sup> DAY**

### **SHOULDERS**

**1) OVER HEAD DUMBBELL PRESS**

**3 SETS 10 REPS**

**2) MILITARY PRESS**

**3 SETS 10 REPS**

**3) SEATED DUMBBELL SIDE LATERAL RAISES**

**3 SETS 10 REPS**

**4) MACHINE PARALLEL PRESS 3 SETS 10 REPS**

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# **NEW BIGGER EXERCISE ROUTINE**

## **4<sup>TH</sup> DAY**

### **BICEPS, FOREARMS & TRICEPS**

- 1) CLOSE GRIP BENCH                      3 SETS 10 REPS**
- 2) OVER HEAD DUMBBELL EXTENSION                      3 SETS 10 REPS**
- 3) STANDING BARBELL CURLS    3 SETS 10 REPS**
- 4) ALTERNATE DUMBBELL CURLS                      3 SETS 10 REPS**
- 5) HAMMER CURLS                      3 SETS 10 REPS**

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# **NEW BIGGER EXERCISE ROUTINE**

## **5<sup>TH</sup> DAY**

**DAILY EXERCISES ONLY**

### **NOTE**

**DO DAILY EXERCISES ONLY BUT IF YOU WANT TO DO MORE FOLLOW THE ROUTINE BUT YOU MUST PAY ATTENTION TO YOUR DIET & RECOVERY. (DO NOT IGNORE IT)**

## **6<sup>TH</sup> DAY**

**ACTIVE REST**

## **7<sup>TH</sup> DAY**

**ENJOY YOUR LIFE, GO TO PICNIC & WATCH MOVIES.**

***SHAKEEL AHMED***

***0300/2789796***

***0336/2789796***

***0345/2303009***

# CHALLENGE

COMPLETE YOUR CHALLENGE IN 45 MINUTES OR ELSE GET LOST.

## MONDAY

### LEGS

1) LEGS PRESS

10 REPS 3 SETS

2) TOE PRESS

10 REPS 3 SETS

### SHOULDERS

1) BEHIND THE NECK PRESS

10 REPS 3 SETS

2) FRONT PUSH PRESS

10 REPS 3 SETS

3) STANDING SIDE LATERALS

10 REPS 3 SETS

### TRAPS

1) WIDE GRIP UP RIGHT ROWS 10 REPS 3 SETS

### BICEPS

1) STANDING BARBELL CURLS

10 REPS 3 SETS

2) STANDING BARBELL CURLS

10 REPS 3 SETS

3) STANDING CABLE CURLS

10 REPS 3 SETS

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# **CHALLENGE**

**MONDAY**

## **NOTE**

**AFTER COMPLETING THE EACH WORK OUT DO  
FOLLOWING:**

## **ABDOMINAL EXERCISES**

**1) FORWARD CRUNCH**

**2) REVERSE CRUNCH**

**DO CARDIO FOR 10 MINUTES.**

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# **CHALLENGE**

## **TUESDAY**

### **CHEST**

- |                                  |                       |
|----------------------------------|-----------------------|
| <b>1) BENCH PRESS</b>            | <b>10 REPS 3 SETS</b> |
| <b>2) INCLINE DUMBBELL PRESS</b> | <b>10 REPS 3 SETS</b> |
| <b>3) CABLE CROSS OVER</b>       | <b>10 REPS 3 SETS</b> |

### **WINGS**

- |                                 |                       |
|---------------------------------|-----------------------|
| <b>1) RARE LAT PULL DOWN</b>    | <b>10 REPS 3 SETS</b> |
| <b>2) ONE HAND DUMBBELL ROW</b> | <b>10 REPS 3 SETS</b> |
| <b>3) SEATED CABLE ROWS</b>     | <b>10 REPS 3 SETS</b> |

### **TRICEPS**

- |   |                       |
|---|-----------------------|
| <b>1) STANDING OVER HEAD E-Z FRENCH CURL</b>        | <b>10 REPS 3 SETS</b> |
| <b>2) STANDING OVER HEAD DUMBBELL<br/>EXTENSION</b> | <b>10 REPS 3 SETS</b> |
| <b>3) STANDING OVER HEAD ROPE PUSH DOWN</b>         | <b>10 REPS 3 SETS</b> |

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# CHALLENGE

## WEDNESDAY

### CALVES

**1) STANDING CALF RAISE                      10 REPS 3 SETS**

### HAMSTRINGS

**1) STIFF LEGGED DEAD LIFTS            10 REPS 3 SETS**

### CHEST

**1) INCLINE BARBELL PRESS              10 REPS 3 SETS**  
**2) PARALLEL BAR DIPS                  10 REPS 3 SETS**  
**3) INCLINE DUMBBELL FLY              10 REPS 3 SETS**

### SHOULDERS

**1) FRONT DUMBBELL PRESS              10 REPS 3 SETS**  
**2) FRONT DUMBBELL RAISES            10 REPS 3 SETS**  
**3) BEND OVER LATERALS                10 REPS 3 SETS**

### TRAPS

**FRONT BARBELL SHRUGS                  10 REPS 3 SETS**

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# CHALLENGE

## THURSDAY

### LOWER & UPPER BACK

- |                         |                |
|-------------------------|----------------|
| 1) DEAD LIFT            | 10 REPS 3 SETS |
| 2) WIDE GRIP T-BAR ROWS | 10 REPS 3 SETS |
| 3) 2 ARM DUMBBELL ROWS  | 10 REPS 3 SETS |

### BICEP & TRICEP ALTERNATE EXERCISES

- |                               |                |
|-------------------------------|----------------|
| 1) LYING FRENCH CURL          | 10 REPS 3 SETS |
| 2) E-Z BAR PREACHER WIDE CURL | 10 REPS 3 SETS |
| 3) REVERSE PUSH DOWN          | 10 REPS 3 SETS |
| 4) INCLINE DUMBBEL CURL       | 10 REPS 3 SETS |
| 5) OVER HEAD PUSH DOWN        | 10 REPS 3 SETS |
| 6) HAMMER CURL                | 10 REPS 3 SETS |

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# CHALLENGE

## FRIDAY

### LEGS

1) SQUATTS

10 REPS 3 SETS

2) LEG EXTENSION

10 REPS 3 SETS

### CALVES

1) HACK SQUATT

10 REPS 3 SETS

### CHEST

1) 90 DEGREE SMITH MACHINE INCLINE BENCH  
PRESS

10 REPS 3 SETS

2) FLAT DUMBBEL PRESS

10 REPS 3 SETS

3) PEC DECK FLY

10 REPS 3 SETS

### TRICEPS

1) ONE HAND DUMBBEL EXTENSION

10 REPS 3 SETS

2) CLOSE GRIP BENCH PRESS

10 REPS 3 SETS

3) OVER HEAD PUSH DOWN

10 REPS 3 SETS

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# CHALLENGE

## SATURDAY

### WINGS

- 1) FRONT WIDE PULL DOWN      10 REPS 3 SETS
- 2) STRAIGHT ARM PUSH DOWN 10 REPS 3 SETS
- 3) V GRIP PULL DOWN      10 REPS 3 SETS

### SHOULDERS

- 1) OVER HEAD DUMBBELL PRESS  
10 REPS 3 SETS
- 2) MILITARY PRESS      10 REPS 3 SETS
- 3) RARE BARBLE SHRUGS      10 REPS 3 SETS

### BICEPS

- 1) CONCENTRATION CURL      10 REPS 3 SETS
- 2) 90 DEGREES PREACHER CURL  
10 REPS 3 SETS
- 3) STANDING REVERSE CABLE CURL  
10 REPS 3 SETS

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# CHALLENGE

## NOTE

**COMPLETE THE WORK OUT IN 45 MINUTES, DO  
10 MINUTES OF CARDIO & ABS WORK OUT  
(FORWARD & REVERSE CRUNCH). REPEAT IT  
EVERY DAY.**

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# **MASS FUEL**

**MONDAY**

## **CHEST**

<b>1) INCLINE DUMBBEL PRESS</b>	<b>3 SETS 12 REPS</b>
<b>2) BENCH PRESS</b>	<b>3 SETS 12 REPS</b>
<b>3) PARELLEL BAR DIPS</b>	<b>3 SETS 12 REPS</b>
<b>4) INCLINE BENCH PRESS</b>	<b>3 SETS 12 REPS</b>
<b>5) INCLINE DUMBBEL FLY</b>	<b>3 SETS 12 REPS</b>
<b>6) CABLE CROSS-OVER</b>	<b>3 SETS 12 REPS</b>
<b>7) PEC DECK FLY</b>	<b>3 SETS 12 REPS</b>

## **TRICEP'S WARM UP**

<b>1) OVER HEAD ROPE PUSH-DOWN</b>	<b>3 SETS 12 REPS</b>
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# MASS FUEL

**TUESDAY**

## **TRICEP**

- 1) CLOSE GRIP BENCH PRESS     3 SETS 12 REPS**
- 2) ONE ARM DUMBBEL EXTENSION     3 SETS 15 REPS**
- 3) CLOSE GRIP TRICEP DIPS     3 SETS 10 REPS**
- 4) LYING FRENCH CURL     3 SETS 12 REPS**
- 5) OVER HEAD DUMBBEL EXTENSION     3 SETS 5 REPS**
- 6) OVER HEAD PUSH DOWN     3 SETS 10 REPS**
- 7) V GRIP PUSH DOWN     3 SETS 10 REPS**

## **BICEP'S WARMUP**

- 1) ALTERNATE DUMBBELS CURLS     3 SETS 12 REPS**

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# **MASS FUEL**

**WEDNESDAY**

## **BICEP**

**1) CONCENTRATION CURLS                      3 SETS 15 REPS**

**2) STANDING REVERSE BARBELL CURLS  
3 SETS 20 REPS**

**3) STANDING DUMBBEL CURL  
WITH**

**HAMMER CURL (SUPER SET)              3 SETS 10 REPS**

**4) STANDING BARBELL CURL              3 SETS 5 REPS**

**5) ALTERNATE DUMBBELL CURLS  
3 SETS 12 REPS**

**6) MACHINE PREASCHER CURL**

**WITH  
REVERSE PREACHER CURL (SUPER SET)**

**3 SETS 10 REPS**

**7) STANDING CABLE CURL                      3 SETS 5 REPS**

## **WINGS WARM UP**

**1) REVERSE PULL DOWN                      3 SETS 15 REPS**

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# **MASS FUEL**

**THURSDAY**

## **WINGS**

- |                                  |                       |
|----------------------------------|-----------------------|
| <b>1) BACK PULL UPS</b>          | <b>3 SETS 10 REPS</b> |
| <b>2) SEATED CABLE ROWS</b>      | <b>3 SETS 10 REPS</b> |
| <b>3) STRAIGHT ARM PUSH DOWN</b> | <b>3 SETS 10 REPS</b> |
| <b>4) BACK LAT PULL DOWN</b>     | <b>3 SETS 5 REPS</b>  |
| <b>5) CLOSE GRIP T-BAR ROW</b>   | <b>3 SETS 5 REPS</b>  |
| <b>6) FRONT PULL DOWN</b>        | <b>3 SETS 15 REPS</b> |
| <b>7) REVERSE T-BAR ROW</b>      | <b>3 SETS 10 REPS</b> |

## **SHOULDER'S WARM UP**

- |  |                      |
|--|----------------------|
| <b>1) DUMBBELL SIDE LATERAL RAISES</b> | <b>3 SETS 5 REPS</b> |
|--|----------------------|

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# **MASS FUEL**

**FRIDAY**

## **SHOULDERS**

- |                                  |                       |
|----------------------------------|-----------------------|
| <b>1) ARNOLD PRESS</b>           | <b>3 SETS 20 REPS</b> |
| <b>2) BEHIND THE NECK PRESS</b>  | <b>3 SETS 5 REPS</b>  |
| <b>3) BACK BARBELL SHRUGS</b>    | <b>3 SETS 10 REPS</b> |
| <b>4) FRONT BARBELL PRESS</b>    | <b>3 SETS 5 REPS</b>  |
| <b>5) FRONT BARBELL SHRUGS</b>   | <b>3 SETS 10 REPS</b> |
| <b>6) SEATED DUMBBELL SHRUGS</b> | <b>3 SETS 10 REPS</b> |
| <b>7) BARBELL UP RIGHT ROWS</b>  | <b>3 SETS 15 REPS</b> |

## **THIGH'S WARM UP**

- 1) LEG EXTENSION**

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# **MASS FUEL**

**SATURDAY**

## **CALVES**

**D STANDING CALF RAISES                      3 SETS 15 REPS**

## **THIGHS**

**D LEG EXTENSION                              3 SETS 15 REPS**

## **HAMSTRINGS**

**D LEG CURLS                                      3 SETS 15 REPS**

## **LOWER BACK**

**D HYPER EXTENSION                          3 SETS 10 REPS**

## **UPPER ABS**

**D FORWARD CRUNCH                          3 SETS 15 REPS**

## **LOWER ABS**

**D LYING LEG RAISE                            3 SETS 15 REPS**

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# **MASS FUEL**

## **SIDE OBLIQUES**

**1) TWISTER**

**5 MINUTES**

## **CHEST WARM UP**

**1) SEATED BENCH PRESS**

**3 SETS 15 REPS**

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# **4 DAY ROUTINE**

## **DAY 1**

### **THIGHS & CALVES**

- |                                |                       |
|--------------------------------|-----------------------|
| <b>1) STANDING CALF RAISES</b> | <b>3 SETS 15 REPS</b> |
| <b>2) BARBELL SQUATTS</b>      | <b>3 SETS 5 REPS</b>  |

### **CHEST**

- |                                    |                       |
|------------------------------------|-----------------------|
| <b>1) FLAT DUMBBEL FLYES</b>       | <b>1 SET 15 REPS</b>  |
| <b>2) FLAT DUMBBEL PRESS</b>       | <b>1 SET 10 REPS</b>  |
| <b>3) FLAT BENCH PRESS</b>         | <b>1 SET 5 REPS</b>   |
| <b>4) CABLE CROSS OVER</b>         | <b>3 SETS 5 REPS</b>  |
| <b>5) INCLINED DUMBBEL FLYING</b>  | <b>1 SET 15 REPS</b>  |
| <b>6) INCLINED DUMBBEL PRESS</b>   | <b>1 SET 10 REPS</b>  |
| <b>7) INCLINED BARBELL PRESS</b>   | <b>1 SET 5 REPS</b>   |
| <b>8) PARRALLEL BAR DIPS</b>       | <b>3 SETS 15 REPS</b> |
| <b>9) DECLINED BARBELL PRESS</b>   | <b>1 SET 5 REPS</b>   |
| <b>10) DECLINED DUMBBELL PRESS</b> | <b>1 SET 10 REPS</b>  |
| <b>11) DECLINED DUMBBEL FLYING</b> | <b>1 SET 15 REPS</b>  |

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# **4 DAY ROUTINE**

## **DAY 2**

### **LOWER BACK**

**1) HYPER EXTENSION**

**3 SETS 15 REPS**

**2) DEAD LIFT**

**3 SETS 5 REPS**

### **WINGS**

**1) BACK LAT PULL DOWN**

**1 SET 5 REPS**

**2) FRONT PULL DOWN**

**1 SET 10 REPS**

**3) REVERSE PULL DOWN**

**1 SET 15 REPS**

**4) STRAIGHT ARM PUSH DOWN 3 SETS 15 REPS**

### **UPPER BACK**

**1) BEND OVER BARBELL ROWS**

**1 SET 5 REPS**

**2) WIDE GRIP T-BAR ROW**

**1 SET 10 REPS**

**3) REVERSE BEND OVER ROWS**

**1 SET 15 REPS**

**4) SEATED CABLE ROWS**

**3 SETS 15 REPS**

**5) ONE HAND DUMBBEL ROWS**

**1 SET 15 REPS**

**6) CLOSE GRIP PULL DOWN**

**1 SET 5 REPS**

**7) REVERSE T-BAR ROW**

**1 SET 10 REPS**

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# **4 DAY ROUTINE**

## **DAY 3**

### **HAMSTRINGS**

- |                                  |                       |
|----------------------------------|-----------------------|
| <b>1) LEG CURL</b>               | <b>3 SETS 15 REPS</b> |
| <b>2) STIFF LEGGED DEAD LIFT</b> | <b>3 SETS 5 REPS</b>  |

### **SHOULDERS & TRAPS**

- |   |                      |
|---|----------------------|
| <b>1) BEHIND THE NECK PRESS</b>           | <b>1 SET 5 REPS</b>  |
| <b>2) BARBELL FRONT RAISE</b>             | <b>1 SET 10 REPS</b> |
| <b>3) BARBELL UP-RIGHT ROWS</b>           | <b>1 SET 15 REPS</b> |
| <b>4) OVER HEAD DUMBBELL PRESS</b>        | <b>3 SETS 5 REPS</b> |
| <b>5) 2 ARM DUMBBEL FRONT RAISE</b>       | <b>1 SET 15 REPS</b> |
| <b>6) MILITARY PRESS</b>                  | <b>1 SET 5 REPS</b>  |
| <b>7) SEATED DUMBBEL SHRUGS</b>           | <b>1 SET 10 REPS</b> |
| <b>8) BACK BARBELL SHRUGS</b>             | <b>3 SETS 5 REPS</b> |
| <b>9) SEATED SIDE LATERAL</b>             | <b>1 SET 10 REPS</b> |
| <b>10) SEATED BEND OVER LATERAL RAISE</b> | <b>1 SET 15 REPS</b> |
| <b>11) FRONT DUMBBEL PRESS</b>            | <b>1 SET 5 REPS</b>  |

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# **4 DAY ROUTINE**

## **DAY 4**

### **BICEPS & TRICEPS**

- |  |                      |
|--|----------------------|
| <b>1) CLOSE GRIP BENCH PRESS</b>             | <b>1 SET 5 REPS</b>  |
| <b>2) TRICEP PUSH DOWN</b>                   | <b>1 SET 10 REPS</b> |
| <b>3) OVER HEAD 2 ARM DUMBBELL EXTENSION</b> | <b>1 SET 15 REPS</b> |
| <b>4) STANDING BARBELL CURL</b>              | <b>3 SETS 5 REPS</b> |
| <b>5) INCLINED DUMBBELL CURL</b>             | <b>1 SET 15 REPS</b> |
| <b>6) E-Z BAR WIDE GRIP PREACHER CURL</b>    | <b>1 SET 5 REPS</b>  |
| <b>7) 90 DEGREES PREACHER CURL</b>           | <b>1 SET 10 REPS</b> |
| <b>8) LYING FRENCH CURL</b>                  | <b>3 SETS 5 REPS</b> |
| <b>9) MACHINE PREACHER CURL</b>              | <b>1 SET 15 REPS</b> |
| <b>10) OVER HEAD PUSH DOWN</b>               | <b>1 SET 5 REPS</b>  |
| <b>11) HAMMER CURL</b>                       | <b>1 SET 10 REPS</b> |

### **ABS**

- |                                 |                       |
|---------------------------------|-----------------------|
| <b>1) LYING FORWARD CRUNCH</b>  | <b>3 SET 25 REPS</b>  |
| <b>2) LYING LEG RAISE</b>       | <b>3 SETS 25 REPS</b> |
| <b>3) BEND OVER STICK TWIST</b> | <b>3 SETS 25 REPS</b> |

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# **SHORT & HEAVY WORK OUT**

## **DAY 1**

### **LEGS**

- |                               |                       |
|-------------------------------|-----------------------|
| <b>1) DUMBBELL SQUATTS</b>    | <b>4 SETS 10 REPS</b> |
| <b>2) LEG EXTENSION</b>       | <b>4 SETS 10 REPS</b> |
| <b>3) STANDING CALF RAISE</b> | <b>4 SETS 10 REPS</b> |

### **CHEST**

- |                                |                       |
|--------------------------------|-----------------------|
| <b>1) FLAT DUMBBEL FLY</b>     | <b>4 SETS 10 REPS</b> |
| <b>2) SEATED BENCH PRESS</b>   | <b>4 SETS 10 REPS</b> |
| <b>3) INCLINED DUMBBEL FLY</b> | <b>4 SETS 10 REPS</b> |
| <b>4) MACHINE PULL OVER</b>    | <b>4 SETS 10 REPS</b> |

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# **SHORT & HEAVY WORK OUT**

## **DAY 2**

### **WINGS**

- |                                 |                       |
|---------------------------------|-----------------------|
| <b>1) PULL UPS</b>              | <b>3 SETS 10 REPS</b> |
| <b>2) STRAIGHT ARM PULL UPS</b> | <b>3 SETS 10 REPS</b> |
| <b>3) ONE HAND DUMBBEL ROW</b>  | <b>3 SETS 10 REPS</b> |

### **SHOULDERS**

- |                                   |                       |
|-----------------------------------|-----------------------|
| <b>1) MILITARY PRESS</b>          | <b>3 SETS 10 REPS</b> |
| <b>2) BENT OVER LATERAL RAISE</b> | <b>3 SETS 10 REPS</b> |
| <b>3) FRONT DUMBBELL PRESS</b>    | <b>3 SETS 10 REPS</b> |
| <b>4) FRONT BARBELL SHRUGS</b>    | <b>3 SETS 10 REPS</b> |

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# **SHORT & HEAVY WORK OUT**

## **DAY 3**

### **BICEPS**

- |                                 |                       |
|---------------------------------|-----------------------|
| <b>1) STANDING BARBELL CURL</b> | <b>3 SETS 15 REPS</b> |
| <b>2) MACHINE PREACHER CURL</b> | <b>3 SETS 15 REPS</b> |
| <b>3) INCLINED DUMBBEL CURL</b> | <b>3 SETS 15 REPS</b> |

### **TRICEPS**

- |                                       |                       |
|---------------------------------------|-----------------------|
| <b>1) LYING FRENCH CURL</b>           | <b>3 SETS 15 REPS</b> |
| <b>2) LYING DUMBBEL FRENCH CURL</b>   | <b>3 SETS 15 REPS</b> |
| <b>3) TRICEP PUSH DOWN</b>            | <b>3 SETS 15 REPS</b> |
| <b>4) STANDING REVERSE CABLE CURL</b> | <b>3 SETS 15 REPS</b> |

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# **SHORT & HEAVY WORK OUT**

## **DAY 4**

### **CHEST**

- |                                |                       |
|--------------------------------|-----------------------|
| <b>1) INCLINED BENCH PRESS</b> | <b>3 SETS 15 REPS</b> |
| <b>2) FLAT DUMBBELL PRESS</b>  | <b>3 SETS 15 REPS</b> |
| <b>3) PEC DECK FLY</b>         | <b>3 SETS 15 REPS</b> |

### **TRICEP**

- |  |                       |
|--|-----------------------|
| <b>1) CLOSE GRIP BENCH PRESS</b>       | <b>3 SETS 15 REPS</b> |
| <b>2) OVER HEAD DUMBBELL EXTENSION</b> | <b>3 SETS 15 REPS</b> |
| <b>3) OVER HEAD ROPE PUSH DOWN</b>     | <b>3 SETS 15 REPS</b> |

### **BICEP WARM UP**

- |                                   |                       |
|-----------------------------------|-----------------------|
| <b>1) STANDING ALTERNATE CURL</b> | <b>3 SETS 15 REPS</b> |
|-----------------------------------|-----------------------|

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# **SHORT & HEAVY WORK OUT**

## **DAY 5**

### **LEGS**

- |                               |                       |
|-------------------------------|-----------------------|
| <b>1) LEG EXTENSION</b>       | <b>3 SETS 15 REPS</b> |
| <b>2) HACK SQUATTS</b>        | <b>3 SETS 15 REPS</b> |
| <b>3) STANDING CALF RAISE</b> | <b>3 SETS 15 REPS</b> |

### **BICEP**

- |                                  |                       |
|----------------------------------|-----------------------|
| <b>1) STANDING CABLE CURL</b>    | <b>3 SETS 15 REPS</b> |
| <b>2) INCLINED DUMBBELL CURL</b> | <b>3 SETS 15 REPS</b> |
| <b>3) HAMMER CURL</b>            | <b>3 SETS 15 REPS</b> |

### **WINGS WARM UP**

- |                             |                       |
|-----------------------------|-----------------------|
| <b>1) REVERSE PULL DOWN</b> | <b>3 SETS 15 REPS</b> |
|-----------------------------|-----------------------|

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# **SHORT & HEAVY WORK OUT**

## **DAY 6**

### **WINGS**

- 1) CLOSE GRIP PULL DOWN      3 SETS 15 REPS**
- 2) CLOSE GRIP T-BAR ROWS      3 SETS 15 REPS**
- 3) STRAIGHT ARM PUSH DOWN 3 SETS 15 REPS**

### **SHOULDERS/DELTS**

- 1) BEHIND THE NECK PRESS      3 SETS 15 REPS**
- 2) 2 ARM DUMBBELL FRONT RAISE**  
**3 SETS 15 REPS**
- 3) SEATED DUMBBELL SHRUGS   3 SETS 15 REPS**

### **BICEPS & TRICEPS**

- 1) ONE ARM DUMBBELL EXTENSION**  
**3 SETS 15 REPS**
- 2) CONCENTRATION CURL      3 SETS 15 REPS**

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# **CUTS & MASS WORK OUT**

**MONDAY**

## **CHEST**

- |                                  |                      |
|----------------------------------|----------------------|
| <b>1) BENCH PRESS</b>            | <b>3 SETS 5 REPS</b> |
| <b>2) INCLINE DUMBBELL PRESS</b> | <b>3 SETS 5 REPS</b> |
| <b>3) FLAT DUMBBELL PRESS</b>    | <b>3 SETS 5 REPS</b> |
| <b>4) SEATED CHEST PRESS</b>     | <b>3 SETS 5 REPS</b> |
| <b>5) PEC DECK FLY</b>           | <b>3 SETS 5 REPS</b> |

## **TRICEPS WARM UP**

- |                                  |                      |
|----------------------------------|----------------------|
| <b>1) CLOSE GRIP BENCH PRESS</b> | <b>3 SETS 5 REPS</b> |
|----------------------------------|----------------------|

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# **CUTS & MASS WORK OUT**

**TUESDAY**

## **WINGS**

- |                                  |                      |
|----------------------------------|----------------------|
| <b>1) 1 HAND DUMBBELL ROW</b>    | <b>3 SETS 5 REPS</b> |
| <b>2) BACK LAT PULL DOWN</b>     | <b>3 SETS 5 REPS</b> |
| <b>3) SEATED CABLE ROWS</b>      | <b>3 SETS 5 REPS</b> |
| <b>4) FRONT PULL DOWN</b>        | <b>3 SETS 5 REPS</b> |
| <b>5) STRAIGHT ARM PUSH DOWN</b> | <b>3 SETS 5 REPS</b> |

## **BICEPS WARM UP**

- |                                 |                       |
|---------------------------------|-----------------------|
| <b>1) STANDING BARBELL CURL</b> | <b>3 SETS 15 REPS</b> |
|---------------------------------|-----------------------|

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# **CUTS & MASS WORK OUT**

**WEDNESDAY**

## **DELTS/SHOULDERS**

- 1) BEHIND THE NECK PRESS      3 SETS 5 REPS**
- 2) ALTERNATE FRONT RAISE    3 SETS 10 REPS**
- 3) OVER HEAD DUMBBELL PRESS      3 SETS 5 REPS**
- 4) SIDE LATERAL RAISE      3 SETS 5 REPS**

## **TRAPS**

- 1) SEATED DUMBBELL SHRUGS    3 SETS 5 REPS**
- 2) FRONT BARBELL SHRUGS      3 SETS 5 REPS**

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# **CUTS & MASS WORK OUT**

**THURSDAY**

## **TRICEPS**

- |  |                      |
|--|----------------------|
| <b>1) LYING FRENCH CURL</b>            | <b>3 SETS 5 REPS</b> |
| <b>2) OVER HEAD DUMBBELL EXTENSION</b> | <b>3 SETS 5 REPS</b> |
| <b>3) PUSH DOWN</b>                    | <b>3 SETS 5 REPS</b> |
| <b>4) OVER HEAD ROPE PUSH DOWN</b>     | <b>3 SETS 5 REPS</b> |
| <b>5) LYING FRENCH CURL</b>            | <b>3 SETS 5 REPS</b> |

## **BICEPS WARM UP**

- |                                 |                       |
|---------------------------------|-----------------------|
| <b>1) INCLINE DUMBBELL CURL</b> | <b>3 SETS 15 REPS</b> |
|---------------------------------|-----------------------|

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# **CUTS & MASS WORK OUT**

**FRIDAY**

## **BICEP**

- |                                 |                      |
|---------------------------------|----------------------|
| <b>1) BARBELL CURL</b>          | <b>3 SETS 5 REPS</b> |
| <b>2) E-Z BAR CURL</b>          | <b>3 SETS 5 REPS</b> |
| <b>3) INCLINE DUMBBELL CURL</b> | <b>3 SETS 5 REPS</b> |
| <b>4) MACHINE PREACHER CURL</b> | <b>3 SETS 5 REPS</b> |
| <b>5) HAMMER CURL</b>           | <b>3 SETS 5 REPS</b> |

## **TRICEPS WARM UP**

**LYING DUMBBELL FRENCH CURL**

**3 SETS 15 REPS**

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# **CUTS & MASS WORK OUT**

**SATURDAY**

## **WHOLE BODY**

- 1) LEG PRESS** **3 SETS 15 REPS**
- 2) BACK LAT PULL DOWN**  
**WITH**  
**FRONT LAT PULL DOWN (SUPER SET)**  
**3 SETS 15 REPS**
- 3) BEHIND THE NECK PRESS**  
**WITH**  
**FRONT BARBELL PRESS** **3 SETS 15 REPS**
- 4) FLAT DUMBBELL BENCH PRESS**  
**WITH**  
**FLAT DUMBBELL FLY** **3 SETS 15 REPS**
- 5) LYING DUMBBELL FRENCH CURL**  
**WITH**  
**SEATED DUMBBELL CURL**  
**WITH**  
**HAMMER CURL** **3 SETS 15 REPS**

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# **WEIGHT STRIPPING ROUTINE WINTER POWER WORK OUT**

## **DAY 1 CHEST**

**1) COMMANDO FLAT BENCH PRESS WITH 60 KGS.**

**1 SET 5 REPS**

**STRIP WEIGHT TO 42 KGS**

**1 SET 10 REPS**

**STRIP WEIGHT TO 30 KGS**

**1 SET 15 REPS**

**REMOVE THE PIN FROM STACK**

**1 SET 25 REPS**

**(TOTAL 12 STRIP SETS)**

### **NOTE**

**THIS IS STRIPPING WEIGHT ROUTINE SO THERE IS NO REST BETWEEN SETS (TOTAL 4 SETS), THEN TAKE 5 MINUTE REST. REPEAT THE CYCLE FOR TWO TIMES MORE (TOTAL 12 SETS).**

**2) INCLINE DUMBBELL PRESS**

**3 SETS 5 REPS**

**3) WIDE GRIP BUTTER FLY WITH 90 KGS**

**3 SETS 5 REPS**

**WIDE GRIP BUTTER FLY WITH 60 KGS**

**3 SETS 10 REPS**

**WIDE GRIP BUTTER FLY WITH 30 KGS**

**3 SETS 15 REPS**

**REMOVE THE PIN FROM THE STACK**

**(TOTAL 12 STRIP SETS)**

**3 SETS 25 REPS**

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# **WEIGHT STRIPPING ROUTINE WINTER POWER WORK OUT**

## **DAY 1 CHEST**

**4) DUMBBELL PULLOVER**

**3 SETS 5 REPS**

**5) INCLINED DUMBBELL FLY**

**3 SETS 5 REPS**

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# **WEIGHT STRIPPING ROUTINE WINTER POWER WORK OUT**

## **DAY 2 WINGS**

**1) SEATED CABLE ROWS WITH 60 KGS 3 SETS 5 REPS**  
**STRIP WEIGHT TO 42 KGS 3 SETS 10 REPS**  
**STRIP WEIGHT TO 30 KGS 3 SETS 15 REPS**  
**REMOVE PIN FROM THE STACK 3 SETS 25 REPS**  
**(TOTAL 12 STRIP SETS)**

**2) RARE LAT PULL DOWN 3 SETS 5 REPS**

**3) STRAIGHT ARM PUSH DOWN WITH 60 KGS**  
**3 SETS 5 REPS**  
**STRIP WEIGHT TO 48 KGS 3 SETS 10 REPS**  
**STRIP WEIGHT TO 30 KGS 3 SETS 5 REPS**  
**REMOVE WEIGHT FROM THE STACK 3 SETS 25 REPS**  
**(TOTAL 12 STRIP SETS)**

**4) ONE HAND DUMBBELL ROWS 3 SETS 5 REPS**

**5) CLOSE GRIP PULL DOWN 3 SETS 5 REPS**

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# **WEIGHT STRIPPING ROUTINE WINTER POWER WORK OUT**

## **DAY 3 SHOULDERS**

**1) BEHIND THE NECK PRESS WITH COMMANDO DELT  
PRESS MACHINE WITH 60 KGS 3 SETS 5 REPS**

**STRIP WEIGHT TO 48 KGS 3 SETS 10 REPS  
STRIP WEIGHT TO 30 KGS 3 SETS 15 REPS  
REMOVE PIN FROM THE STACK 3 SETS 25 REPS  
(TOTAL 12 STRIP SETS)**

**2) OVER HEAD DUMBBEL PRESS 3 SETS 5 REPS**

**3) CABLE UP-RIGHT ROWS WITH 90 KGS  
3 SETS 5 REPS  
STRIP WEIGHT TO 60 KGS 3 SETS 10 REPS  
STRIP WEIGHT TO 40 KGS 3 SETS 15 REPS  
REMOVE PIN ROM THE STACK 3 SETS 25 REPS**

**4) TWO ARM DUMBBELL FRONT RAISE 3 SETS 15 REPS  
5) SEATED DUMBBEL SHRUGS 3 SETS 5 REPS**

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# **WEIGHT STRIPPING ROUTINE WINTER POWER WORK OUT**

## **DAY 4 BICEPS**

### **1) STANDING CABLE CURL WITH 60 KG**

**3 SETS 5 REPS**

**STRIP WEIGHT TO 42 KGS**

**3 SETS 10 REPS**

**STRIP WEIGHT TO 30 KG**

**3 SETS 15 REPS**

**REMOVE PIN FROM THE STACK**

**3 SETS 25 REPS**

**(TOTAL 12 STRIP SETS)**

### **2) STANDING BARBELL CURL**

**3 SETS 5 REPS**

### **3) PREACHER CURL MACHINE CURL WITH 60 KGS**

**3 SETS 5 REPS**

**STRIP WEIGHT TO 42 KGS**

**3 SETS 10 REPS**

**STRIP WEIGHT TO 30 KGS**

**3 SETS 15 REPS**

**REMOVE PIN FROM THE STACK**

**3 SETS 25 REPS**

**(TOTALS 12 STRIP SETS)**

### **4) E-Z CURL BAR PREACHER CURL**

**3 SETS 5 REPS**

### **5) STANDING HAMMER CURL**

**3 SETS 15 REPS**

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# WEIGHT STRIPPING ROUTINE

## WINTER POWER WORK OUT

## DAY 5

# TRICEPS

<b>D TRICEP PUSH DOWN WITH 60 KGS</b>	<b>3 SETS 5 REPS</b>
<b>STRIP WEIGHT TO 42 KGS</b>	<b>3 SETS 10 REPS</b>
<b>STRIP WEIGHT TO 30 KGS</b>	<b>3 SETS 15 REPS</b>
<b>REMOVE PIN FROM THE STACK</b>	<b>3 SETS 25 REPS</b>
<b>(TOTAL 12 STRIP SETS)</b>	

**2) LYING FRENCH CURL** **3 SETS 5 REPS**

**3) OVER HEAD DUMBBELL PUSH DOWN WITH 60 KGS**  
**3 SETS 5 REPS**  
**STRIP WEIGHT TO 42 KGS** **3 SETS 10 REPS**  
**STRIP WEIGHT TO 30 KGS** **3 SETS 15 REPS**  
**REMOVE PIN FROM THE STACK** **3 SETS 25 REPS**  
**(TOTAL 12 STRIP SETS)**

#### 4) OVER HEAD DUMBBELL EXTENSION 3 SETS 5 REPS

**5) REVERSE PUSH DOWN                      3 SETS 25 REPS**

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# **WEIGHT STRIPPING ROUTINE WINTER POWER WORK OUT**

## **DAY 6**

**CALVES, LEGS, LOWERBACK, ABS & SIDE OBLIQUES**

- |                                 |                           |
|---------------------------------|---------------------------|
| <b>1) STANDING CALVES RAISE</b> | <b>3 SETS 15 REPS</b>     |
| <b>2) LEG EXTENSION</b>         | <b>3 SETS 5 REPS</b>      |
| <b>3) LEG CURLS</b>             | <b>3 SETS 5 REPS</b>      |
| <b>4) HYPER EXTENSIONS</b>      | <b>3 SETS 15 REPS</b>     |
| <b>5) LYING LEG RAISE</b>       | <b>3 SETS 25 REPS</b>     |
| <b>6) LYING FORWARD CRUNCH</b>  | <b>3 SETS 50 REPS</b>     |
| <b>7) BODY TWIST WHEEL</b>      | <b>3 SETS X 5 MINUTES</b> |

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# **ALL ROUND MUSCLES & MASS**

## **DAY 1**

### **ARMS**

#### **TRICEPS**

**1) CLOSE GRIP BENCH PRESS      3 SETS 5 REPS**

#### **BICEPS**

**1) MACHINE PREACHER CURL      3 SETS 5 REPS**

#### **TRICEPS**

**1) ONE ARM DUMBBELL KICK BACK  
3 SETS 15 REPS**

#### **TRICEPS**

**1) LYING FRENCH CURL      3 SETS 5 REPS**

#### **BICEPS**

**1) WIDE GRIP PREACHER CURL WITH E-Z BAR  
3 SETS 5 REPS**

#### **TRICEPS**

**1) TRICEP PUSH DOWN      3 SETS 5 REPS**

#### **BICEPS**

**1) STANDING CABLE CURL      3 SETS 15 REPS**

**FOREARMS**

**D HAMMER CURL**

**3 SETS 15 REPS**

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# **ALL ROUND MUSCLES & MASS**

## **DAY 2**

### **TRAPS & WINGS**

#### **WINGS**

**D SEATED CABLE ROWS                      3 SETS 5 REPS**

#### **TRAPS**

**D SEATED DUMBBELL SHRUGS      3 SETS 5 REPS**

#### **WINGS**

**D REAR LAT PULL DOWN              3 SETS 15 REPS**

#### **TRAPS**

**D REAR BARBELL SHRUGS              3 SETS 15 REPS**

#### **WINGS**

**D CLOSE GRIP PULL DOWN              3 SETS 5 REPS**

#### **TRAPS**

**D FRONT BARBELL SHRUGS              3 SETS 5 REPS**

#### **WINGS**

**D FRONT PULL DOWN                      3 SETS 15 REPS**

**TRAPS**

**1) UP RIGHT ROWS**

**3 SETS 15 REPS**

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# **ALL ROUND MUSCLES & MASS**

## **DAY 3**

### **LOWER BACK & THIGHS THIGHS**

**1) BARBELL SQUATS 3 SETS 5 REPS**

### **LOWER BACK**

**1) DEAD LIFTS 3 SETS 5 REPS**

### **THIGHS**

**1) LEG PRESS 3 SETS 15 REPS**

### **LOWER BACK**

**1) GOOD MORNING 3 SETS 15 REPS**

### **THIGHS**

**1) LEG EXTENSION 3 SETS 5 REPS**

### **LOWER BACK**

**1) HYPER EXTENSION WITH WEIGHT  
3 SETS 5 REPS**

### **CALVES**

**1) STANDING CALVES RAISE 3 SETS 5 REPS**

**HAMSTRINGS**

**D LEG CURLS**

**3 SETS 15 REPS**

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# **ALL ROUND MUSCLES & MASS**

## **DAY 4**

### **CHEST & SHOULDERS**

#### **CHEST**

**1) INCLINE BENCH PRESS                      3 SETS 5 REPS**

#### **SHOULDER**

**1) MILITARY PRESS                              3 SETS 5 REPS**

#### **CHEST**

**1) INCLINE DUMBBELL FLY                  3 SETS 15 REPS**

#### **SHOULDERS**

**1) INCLINE DUMBBELL FRONT RAISE  
    3 SETS 15 REPS**

#### **CHEST**

**1) INCLINE DUMBBELL PRESS              3 SETS 5 REPS**

#### **SHOULDERS**

**1) TWO ARM FRONT DUMBBELL PRESS  
    3 SETS 5 REPS**

#### **CHEST**

**1) PEC DECK FLYES                            3 SETS 15 REPS**

# **SHOULDERS**

**1) REVERSE BUTTERFLY**

**3 SETS 15 REPS**

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# **ALL ROUND MUSCLES & MASS**

## **DAY 5**

### **ABS, BICEPS & TRICEPS**

#### **ABS**

- |                              |                       |
|------------------------------|-----------------------|
| <b>1) HANGING LEG RAISES</b> | <b>3 SETS 25 REPS</b> |
| <b>2) FORWARD CRUNCHES</b>   | <b>3 SETS 25 REPS</b> |

#### **BICEPS**

- |                                    |                      |
|------------------------------------|----------------------|
| <b>1) 90 DEGREES PREACHER CURL</b> | <b>3 SETS 5 REPS</b> |
| <b>2) INCLINE DUMBBEL CURLS</b>    | <b>3 SETS 5 REPS</b> |
| <b>3) MACHINE PREACHER CURL</b>    | <b>3 SETS 5 REPS</b> |

#### **TRICEPS**

- |                                  |                      |
|----------------------------------|----------------------|
| <b>1) CLOSE GRIP BENCH PRESS</b> | <b>3 SETS 5 REPS</b> |
| <b>2) SEATED FRENCH PRESS</b>    | <b>3 SETS 5 REPS</b> |
| <b>3) OVER HEAD PUSH DOWN</b>    | <b>3 SETS 5 REPS</b> |

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# **ALL ROUND MUSCLES & MASS**

## **DAY 6**

### **CHEST, SHOULDERS & WINGS**

#### **CHEST**

- |                                |                       |
|--------------------------------|-----------------------|
| <b>1) FLAT DUMBBEL PRESS</b>   | <b>3 SETS 5 REPS</b>  |
| <b>2) WIDE GRIP BUTTER FLY</b> | <b>3 SETS 25 REPS</b> |

#### **SHOULDERS**

- |                               |                       |
|-------------------------------|-----------------------|
| <b>1) ARNOLD PRESS</b>        | <b>3 SETS 15 REPS</b> |
| <b>2) BARBELL FRONT RAISE</b> | <b>3 SETS 15 REPS</b> |

#### **WINGS**

- |   |                      |
|---|----------------------|
| <b>1) CLOSE GRIP PULLDOWN</b>           | <b>3 SETS 5 REPS</b> |
| <b>2) REAR PULL DOWN (NEUTRAL GRIP)</b> | <b>3 SETS 5 REPS</b> |

#### **SIDE OBLIQUES**

- |                            |                           |
|----------------------------|---------------------------|
| <b>1) BODY TWIST WHEEL</b> | <b>1 SET X 15 MINUTES</b> |
| <b>2) BENT OVER STICK</b>  | <b>3 SETS 15 REPS</b>     |

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# **I AM MUSCULAR**

## **DAY 1**

### **CIRCUIT 1**

- |  |                       |
|--|-----------------------|
| <b>1) RARE LAT PULL DOWN<br/>WITH<br/>FRONT LAT PULL DOWN<br/>WITH<br/>REVERSE PULL DOWN</b> | <b>3 SETS 5 REPS</b>  |
| <b>2) BEHIND THE NECK PRESS (WIDE GRIP)<br/>WITH<br/>FRONT DELT PRESS</b>                    | <b>3 SETS 5 REPS</b>  |
| <b>3) HYPER EXTENSION</b>  | <b>3 SETS 25 REPS</b> |
| <b>4) TOE PRESS</b>  | <b>3 SETS 25 REPS</b> |
| <b>5) BARBELL SQUATS</b>   | <b>3 SETS 5 REPS</b>  |

## **CIRCUIT 2**

**1) BUTTER FLY (THREE GRIPS) 3 SETS 5 REPS**

**2) BARBELL SHRUGS**

**WITH  
BARBELL UP RIGHT ROWS 3 SETS 5 REPS**

**3) BEND OVER STICK 3 SETS 25 REPS**

**4) FORWARD CRUNCH**

**WITH  
REVERSE CRUNCH 3 SETS 25 REPS**

**5) STIFF LEGGED DEADLIFT 3 SETS 5 REPS**

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# **I AM MUSCULAR**

## **DAY 2**

### **LEVEL I**

**1) STANDING CALF RAISE**

**WITH**

**INCLINE BARBELL PRESS**

**3 SETS 25 REPS**

**2) OVER HEAD DUMBBELL PRESS**

**WITH**

**DUMBBELL PRESS**

**3 SETS 25 REPS**

**3) INCLINE FORWARD CRUNCH**

**WITH**

**INCLINE LEG RAISE**

**3 SETS 25 REPS**

### **LEVEL II**

**1) LEG CURL**

**WITH**

**SEATED CABLE ROWS**

**3 SETS 25 ROWS**

**2) DEAD LIFT**

**3 SETS 25 REPS**

**WITH**

**BODY TWIST WHEEL**

**3 SETS X 2 MINUTES**

**3) LYING FRENCH CURL  
WITH  
SEATED DUMBBELL CURL  
WITH  
SEATED HAMMER CURL**

**3 SETS 25 REPS**

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# I AM MUSCULAR

## DAY 3

## LEGS

## D WALKING LUNGES

### 3 SETS 15 REPS

# ABS

## D HANGING LEG RAISES

**WITH**

## SIT UPS

## 3 SETS 25 REPS

## 2) 'TWISTER

**1 SET X 5 MINUTES**

## SHOULDERS & TRAPS

## D REAR FLAT BENCH LATERAL RAISE

### 3 SETS 25 REPS

## 2) BEHIND THE NECK PRESS

## 3 SETS 5 REPS

### 3) FRONT BARBELL PRESS

**WITH**

## FRONT' BARBELL SHRUGS

**WITH**

## BARBELL UP RIGHT' ROWS

**3 SETS 15 REPS**

#### 4) OVER HEAD DUMBBELL SIDE LATERAL RAISE

### 3 SETS 15 REPS

**5) OVER HEAD DUMBBELL PRESS  
WITH**

**DUMBBELL SHRUGS**

**5 SETS 5 REPS**

**NOTE**

**DO THE ABS ON THE MORNING OF DAY 4,5 &  
6.**

**ABS ROUTINE**

**1) FORWARD CRUNCH**

**3 SETS 100 REPS**

**2) LYING LEG RAISE**

**3 SETS 50 REPS**

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# **I AM MUSCULAR**

## **DAY 4**

### **LEGS**

**1) LEG EXTENSION 3 SETS 5 REPS**

**2) STIFF LEGGED DEAD LIFT 3 SETS 5 REPS**

### **CHEST**

**1) FLAT DUMBBELL FLY 3 SETS 25 REPS**

**2) BENCH PRESS 3 SETS 5 REPS**

**3) BUTTER FLY**

**WITH**

**SEATED CHEST PRESS**

**WITH**

**MACHINE PULL OVER 3 SETS 15 REPS**

**4) INCLINE DUMBBELL FLY 3 SETS 15 REPS**

**5) DECLINE BARBELL BENCH PRESS**

**WITH**

**DECLINE FLYING 5 SETS 5 REPS**

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# **I AM MUSCULAR**

## **DAY 5**

### **LOWER BACK**

**1) DEAD LIFT 3 SETS 5 REPS**

**2) HYPER EXTENSIONS WITH WEIGHT**

**3 SETS 15 REPS**

### **UPPER BACK**

**1) CLOSE GRIP T-BAR ROWS 3 SETS 25 REPS**

**2) SEATED CABLE ROWS 3 SETS 5 REPS**

**3) REAR LAT PULL DOWN  
WITH  
FRONT LAT PULL DOWN  
WITH**

**WIDE GRIP CABLE ROWS 3 SETS 15 REPS**

**4) ONE HAND DUMBBELL ROWS 3 SETS 15 REPS**

**5) WIDE GRIP BEND OVER ROWS  
WITH**

**WIDE GRIP T-BAR ROWS 5 SETS 5 REPS**

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# **I AM MUSCULAR**

## **DAY 6**

### **BICEPS & TRICEPS**

**1) STANDING BARBELL CURLS**

**WITH**

**LYING FRENCH CURL**

**3 SETS 5 REPS**

**2) STANDING DUMBBELL CURL**

**WITH**

**LYING DUMBBELL FRENCH CURL**

**3 SETS 10 REPS**

**3) CLOSE GRIP BENCH PRESS**

**WITH**

**E-Z BAR WIDE PREACHER CURL**

**3 SETS 25 REPS**

**4) STANDING WIDE E-Z BAR CURL**

**WITH**

**SEATED E-Z FRENCH CURL 3 SETS 5 REPS**

**5) OVER HEAD PUSH DOWN**

**WITH**

**OVER HEAD REVERSE PULL DOWN**

**WITH**

**STANDING UPPER PULLEY CABLE CURL**

**WITH**

**STANDING REVERSE UPPER PULLEY CABLE  
CURL 3 SETS 15 REPS**

**6) PREACHER HAMMER CURL  
WITH  
OVER HEAD DUMBBELL EXTENSION  
3 SETS 15 REPS**

**7) OVER HEAD TRICEP ROPE PUSH DOWN  
WITH  
MACHINE PREACHER CURL 3 SETS 5 REPS**

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# **EXPLODING MASS ROUTINE**

## **DAY 1**

### **BICEPS**

**CHOOSE ANY SIX FROM THE GIVEN TEN EXERCISES**

- |   |                       |
|---|-----------------------|
| <b>1) CONCENTRATION CURL</b>                | <b>4 SETS 15 REPS</b> |
| <b>2) ONE ARM CABLE CURL</b>                | <b>4 SETS 15 REPS</b> |
| <b>3) E-Z BAR WIDE GRIP PREACHER CURL</b>   | <b>4 SETS 10 REPS</b> |
| <b>4) STANDING BARBELL CURL</b>             | <b>4 SETS 5 REPS</b>  |
| <b>5) STANDING DUMBBELL CURL</b>            | <b>4 SETS 5 REPS</b>  |
| <b>6) INCLINE DUMBBELL CURL</b>             | <b>4 SETS 5 REPS</b>  |
| <b>7) 90° PREACHER CURL</b>                 | <b>4 SETS 10 REPS</b> |
| <b>8) MACHINE PREACHER CURL</b>             | <b>4 SETS 5 REPS</b>  |
| <b>9) HAMMER CURL</b>                       | <b>4 SETS 15 REPS</b> |
| <b>10) STANDING E-Z BAR CLOSE GRIP CURL</b> | <b>4 SETS 5 REPS</b>  |

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# **EXPLODING MASS ROUTINE**

## **DAY 2**

### **TRICEPS**

**CHOOSE ANY SIX FROM THE GIVEN TEN EXERCISES**

**1) ONE HAND DUMBBELL EXTENSION**

**4 SETS 15 REPS**

**2) 2 ARMS OVER HEAD DUMBBELL EXTENSION**

**4 SETS 5 REPS**

**3) OVER HEAD PUSH DOWN**

**4 SETS 15 REPS**

**4) CLOSE GRIP BENCH PRESS**

**4 SETS 15 REPS**

**5) LYING FRENCH CURL**

**4 SETS 5 REPS**

**6) SEATED FRENCH CURL**

**4 SETS 15 REPS**

**7) PUSH DOWN**

**4 SETS 5 REPS**

**8) 2 ARM DUMBBELL KICK BACK**

**4 SETS 15 REPS**

**9) ONE ARM PUSH DOWN**

**4 SETS 15 REPS**

**10) OVER HEAD PUSH DOWN**

**4 SETS 5 REPS**

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# **EXPLODING MASS ROUTINE**

## **DAY 3**

### **LOWER & UPPER BACK**

**CHOOSE ANY SIX FROM THE GIVEN TEN EXERCISES**

- |                                  |                       |
|----------------------------------|-----------------------|
| <b>1) HYPER EXTENSION</b>        | <b>4 SETS 15 REPS</b> |
| <b>2) DEAD LIFT</b>              | <b>4 SETS 5 REPS</b>  |
| <b>3) GOOD MORNING</b>           | <b>4 SETS 15 REPS</b> |
| <b>4) CLOSE GRIP T-BAR ROW</b>   | <b>4 SETS 15 REPS</b> |
| <b>5) REAR LAT PULL DOWN</b>     | <b>4 SETS 5 REPS</b>  |
| <b>6) BENT OVER BARBELL ROW</b>  | <b>4 SETS 5 REPS</b>  |
| <b>7) CLOSE GRIP PULL DOWN</b>   | <b>4 SETS 15 REPS</b> |
| <b>8) SEATED CABLE ROWS</b>      | <b>4 SETS 5 REPS</b>  |
| <b>9) STRAIGHT ARM PUSH DOWN</b> | <b>4 SETS 15 REPS</b> |
| <b>10) ONE HAND DUMBBELL ROW</b> | <b>4 SETS 5 REPS</b>  |

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# **EXPLODING MASS ROUTINE**

**DAY 4**

## **LEGS**

**CHOOSE ANY SIX FROM THE GIVEN TEN EXERCISES**

- |                                  |                       |
|----------------------------------|-----------------------|
| <b>1) BARBELL SQUATS</b>         | <b>4 SETS 5 REPS</b>  |
| <b>2) STIFF LEGGED DEAD LIFT</b> | <b>4 SETS 5 REPS</b>  |
| <b>3) LEG EXTENSION</b>          | <b>4 SETS 5 REPS</b>  |
| <b>4) LEG CURL</b>               | <b>4 SETS 15 REPS</b> |
| <b>5) HACK SQUATS</b>            | <b>4 SETS 15 REPS</b> |
| <b>6) LEG PRESS</b>              | <b>4 SETS 15 REPS</b> |
| <b>7) DUMBBELL SQUATS</b>        | <b>4 SETS 15 REPS</b> |
| <b>8) WALKING LUNGES</b>         | <b>4 SETS 15 REPS</b> |
| <b>9) STANDING CALF RAISE</b>    | <b>4 SETS 15 REPS</b> |
| <b>10) TOE PRESS</b>             | <b>4 SETS 15 REPS</b> |

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# **EXPLODING MASS ROUTINE**

**DAY 5**

## **CHEST**

**CHOOSE ANY SIX FROM THE GIVEN TEN EXERCISES**

- |                                  |                       |
|----------------------------------|-----------------------|
| <b>1) BENCH PRESS</b>            | <b>4 SETS 5 REPS</b>  |
| <b>2) INCLINED DUMBBEL PRESS</b> | <b>4 SETS 15 REPS</b> |
| <b>3) BUTTER FLY</b>             | <b>4 SETS 15 REPS</b> |
| <b>4) INCLINED BENCH PRESS</b>   | <b>4 SETS 5 REPS</b>  |
| <b>5) FLAT DUMBBELL PRESS</b>    | <b>4 SETS 10 REPS</b> |
| <b>6) DUMBBELL PULLOVER</b>      | <b>4 SETS 15 REPS</b> |
| <b>7) SEATED CHEST PRESS</b>     | <b>4 SET 15 REPS</b>  |
| <b>8) INCLINED DUMBBELL FLY</b>  | <b>4 SETS 15 REPS</b> |
| <b>9) CABLE CROSS OVER</b>       | <b>4 SETS 15 REPS</b> |
| <b>10) PARALLELL BAR DIPS</b>    |                       |
| <b>WITH</b>                      |                       |
| <b>PEC DECK FLY</b>              | <b>4 SETS 15 REPS</b> |

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# **EXPLODING MASS ROUTINE**

## **DAY 6**

### **SHOULDERS & TRAPS**

**CHOOSE ANY SIX FROM THE GIVEN TEN EXERCISES**

- |   |                       |
|---|-----------------------|
| <b>1) BEHIND THE NECK PRESS</b>           | <b>4 SETS 5 REPS</b>  |
| <b>2) MILITARY PRESS</b>                  | <b>4 SETS 10 REPS</b> |
| <b>3) SIDE LATERAL RAISE</b>              | <b>4 SETS 15 REPS</b> |
| <b>4) SEATED DUMBBELL SHRUGS</b>          | <b>4 SETS 5 REPS</b>  |
| <b>5) OVER HEAD DUMBBELL PRESS</b>        | <b>4 SETS 5 REPS</b>  |
| <b>6) BACK BARBELL SHRUGS</b>             | <b>4 SETS 10 REPS</b> |
| <b>7) ONE ARM SIDE CABLE LATERAL</b>      | <b>4 SETS 15 REPS</b> |
| <b>8) FRONT BARBELL PRESS</b>             | <b>4 SETS 5 REPS</b>  |
| <b>9) BARBELL UP RIGHT ROWS</b>           | <b>4 SETS 10 REPS</b> |
| <b>10) SEATED BENT OVER LATERAL RAISE</b> | <b>4 SETS 15 REPS</b> |

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# 5 STAR WORK OUT

MONDAY

## TRAPS/SHOULDERS

### 1) STANDING DUMBBELL SHRUGS

5 SETS 5,5,25,25,5 REPS

### 2) BEHIND THE NECK PRESS 3 SETS 5 REPS

### 3) PUSH PRESS 3 SETS 5 REPS

### 4) SIDE LATERAL RAISE 3 SETS 5 REPS

### 5) ALTERNATE OVER HEAD DUMBBELL PRESS

3 SETS 5 REPS

### 6) ALTERNATE FRONT DUMBBELL PRESS

3 SETS 5 REPS

### 7) STANDING DUMBBELL SHRUGS

5 SETS 5,5,25,25,5 REPS

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# 5 STAR WORK OUT

TUESDAY

## WINGS

1) SEATED CABLE ROWS

5 SETS 5,5,25,25,5 REPS

2) STRAIGHT ARM PUSH DOWN 3 SETS 5 REPS

3) REVERSE PULL DOWN 3 SETS 5 REPS

4) CLOSE GRIP T-BAR ROW 3 SETS 5 REPS

5) CLOSE GRIP PULL DOWN 3 SETS 5 REPS

6) REAR LAT PULL DOWN 3 SETS 5 REPS

7) SEATED CABLE ROWS

5 SETS 5,5,25,25,5 REPS

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# 5 STAR WORK OUT

WEDNESDAY

## TRICEPS

- 1) PUSH DOWN 5 SETS 5,5,25,25,5 REPS
- 2) CLOSE GRIP BENCH PRESS 3 SETS 5 REPS
- 3) OVER HEAD DUMBBELL EXTENSION  
3 SETS 5 REPS
- 4) ONE HAND DUMBBELL EXTENSION  
3 SETS 5 REPS
- 5) LYING FRNCH CURL 3 SETS 5 REPS
- 6) 2 ARM DUMBBEL KICK BACK 3 SETS 5 REPS
- 7) PUSH DOWN 5 SETS 5,5,25,25,5 REPS

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# 5 STAR WORK OUT

THURSDAY

## BICEPS

1) STANDING CABLE CURL

5 SETS 5,5,25,25,5 REPS

2) STANDING BARBELL CURL 3 SETS 5 REPS

3) 2 ARM LOW CABLE CURLS 3 SETS 5 REPS

4) STANDING WIDE E-Z BAR CURL

3 SETS 5 REPS

5) 1 ARM DUMBBELL PREACHER CURL

3 SETS 5 REPS

6) 90 DEGREES BARBELL PREACHER CURL

3 SETS 5 REPS

7) STANDING CABLE CURL

5 SETS 5,5,25,25,5 REPS

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# 5 STAR WORK OUT

FRIDAY

## CHEST

- 1) BUTTER FLY                      5 SETS 5,5,25,25,5 REPS
- 2) BENCH PRESS                      3 SETS 5 REPS
- 3) INCLINE BENCH PRESS              3 SETS 5 REPS
- 4) COMMANDO BENCH PRESS (FULL WEIGHT)  
   3 SETS 5 REPS
- 5) BARBELL PULL OVER (CROSS BENCH)  
   3 SETS 5 REPS
- 6) CABLE CROSS OVER ( LOW PULLEY)  
   3 SETS 5 REPS
- 7) BUTTER FLY                      5 SETS 5,5,25,25,5 REPS

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# **EXERCISE COLLECTION**

## **UPPER CHEST**

**EVERY EXERCISE HAS 3 SETS & 10 REPS**

- 1) INCLINED BARBELL BENCH PRESS**
- 2) INCLINED BENCH CABLE FLY**
- 3) INCLINE DUMBBELL FLIES**
- 4) INCLINED DUMBBELL SUPPORTED FLIES**
- 5) INCLINED BENCH DUMBBELL PRES**
- 6) HAMMER GRIP INCLINE DUMBBELL PRESS**
- 7) SMITH MACHINE INCLINE BENCH PRESS**
- 8) EXERCISE BALL INCLINED PUSH UPS**

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# **EXERCISE COLLECTION**

## **LOWER CHEST**

**EVERY EXERCISE HAS 3 SETS & 10 REPS**

**1) DECLINE BARBELL BENCH PRESS**

**2) DECLINE DUMBBELL BENCH PRESS**

**3) WIDE GRIP BARBELL BENCH PRESS**

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# **EXERCISE COLLECTION**

## **MIDDLE BACK**

**EVERY EXERCISE HAS 3 SETS & 10 REPS**

- 1) BEND OVER BARBELL ROWS**
- 2) 1 ARM DUMBBELL ROWS**
- 3) 2 ARM DUMBBELL ROWS**
- 4) 2 ARM HAMMER DUMBBELL ROWS**
- 5) LYING T-BAR ROWS**
- 6) INCLINE BENCH DUMBBELL ROWS**
- 7) SINGLE ARM DUMBBELL ROWS**
- 8) REVERSE GRIP BENT OVER ROWS**
- 9) SEATED CABLE ROWS**
- 10) SMITH MACHINE ROWS**
- 11) T- BAR ROWS**
- 12) MACHINE ROWS**

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# **EXERCISE COLLECTION**

## **FRONT SHOULDER**

**EVERY EXERCISE HAS 3 SETS & 10 REPS**

- 1) OVER HEAD 2 ARM DUMBBELL RAISES**
- 2) ONE ARM FRONT CABLE RAISES**
- 3) 1 ARM FRONT DELTOID DEUMBBELL RAISE**
- 4) INCLINE 2 ARM DELTOID DUMBBELL RAISES**
- 5) FRONT DELTOID PLATE RAISE**
- 6) 2 ARMS FRONT DELTOID DUMBBELL RAISES**
- 7) SMITH MACHINE FRONT DELTOID PRESSES**
- 8) FRONT BARBELL DELTOID RAISES**

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# **EXERCISE COLLECTION**

## **BICEPS EXERCISES (BARBELL)**

**EVERY EXERCISE HAS 3 SETS & 10 REPS**

- 1) BARBELL CURLS**
- 2) CLOSE GRIP BARBELL CURLS**
- 3) REVERSE GRIP BARBELL CURLS**
- 4) E-Z BAR CURLS**
- 5) E-Z BAR PREACHER CURL**
- 6) E-Z BAR CONCENTRATION CURL**
- 7) BARBELL REVERSE GRIP PLATE CURLS**
- 8) E-Z BAR SPIDER CURL**

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# **EXERCISE COLLECTION**

## **BICEPS EXERCISES (DUMBBELL)**

**EVERY EXERCISE HAS 3 SETS & 10 REPS**

- 1) ALTERNATE HAMMER CURL 3 SETS 10 REPS**
- 2) ALTERNATING INCLINE DUMBBELL CURL**  
**3 SETS 10 REPS**
- 3) DUMBBELL CONCENTRATION CURL**  
**3 SETS 10 REPS**
- 4) ALTERNATE DUMBBELL CURL**  
**3 SETS 10 REPS**
- 5) TWO ARMS DUMBBELL CURL 3 SETS 10 REPS**
- 6) 2 ARM HAMMER CURL 3 SETS 10 REPS**
- 7) LYING DUMBBELL CURL 3 SETS 10 REPS**
- 8) SINGLE ARM PREACHER CURLS**
- 9) PREACHER HAMMER CURL**
- 10) SEATED DUMBBELL CURL**

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# **EXERCISE COLLECTION**

## **LEGS**

**EVERY EXERCISE HAS 3 SETS & 10 REPS**

- 1) BARBELL DEAD LIFT**
- 2) BARBELL SQUATTS**
- 3) BARBELL HACK SQUATTS**
- 4) BARBELL LUNGES**
- 5) BARBELL BENCH SQUATT**
- 6) BARBELL SIT UPS**

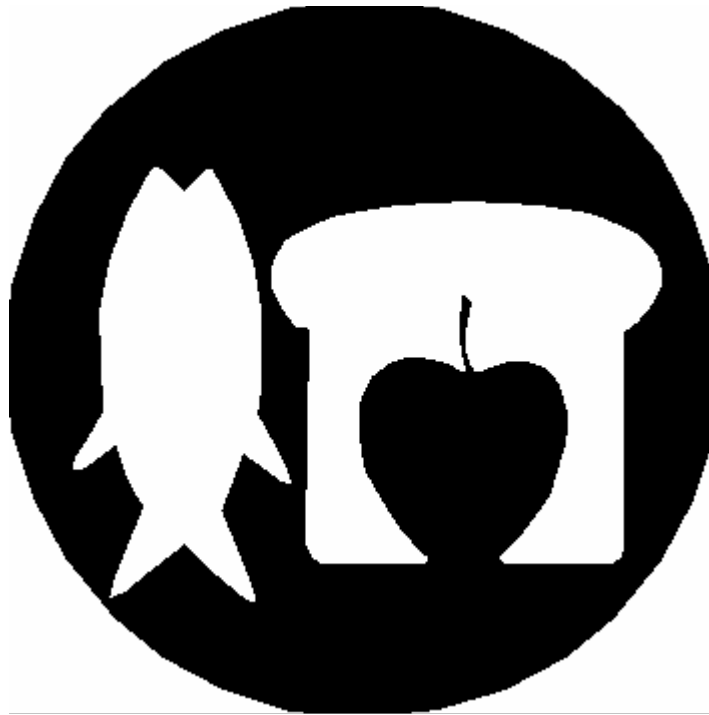
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# NUTRITION



# **FAT BURNING/LEAN DIET**

## **THINGS TO EAT**

**WHITE MEAT, VEGETABLES, HERBS LIKE GREEN CHILLIES, CAPSCICUM, & GINGER HELPS TO BURN FAT. ADD NATURAL FIBER (BRAN) TO YOUR FOOD & DRINK PLENTY OF WATER.**

## **THINGS NOT TO EAT**

**CEREALS, PULSES & GRAINS LIKE WHEAT, RICE E.T.C. RED MEAT, EGG YOLKS, OIL, BUTTER, FULL CREAM MILK, SUGAR, ICE CREAM, FAST FOOD & CHOCOLATES E.T.C.**

## **NOTE**

**LAST MEAL SHOULD BE 2 HOURS BEFORE BED.**

## **BREAK FAST**

**TWO TABLE SPOON OF ISAPAGHOL HUSK (BRAN) SOAKED IN WATER, TWO BOILED EGGS WITH OUT YOLKS OR FRESH FRUIT FRUIT SALAD. A CUP OF GREEN TEA WITH OUT SUGAR.**

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# **FAT BURNING/LEAN DIET**

## **MID MORNING**

**A PIECE OF FRESH FRUIT OR VEGETABLE SALAD**

## **LUNCH**

**A PIECE OF BOILED OR GRILLED CHICKEN BREAST OR FISH,  
STEAMED OR STIR FRIED VEGETABLE SALAD.**

## **AFTER NOON**

**A PIECE OF FRESH FRUIT OR A CUP OF GREEN TEA WITH  
OUT SUGAR.**

## **DINNER**

**A PIECE OF BOILED OR GRILLED CHICKEN BREAST OR FISH,  
STEAMED OR STIR FRIED VEGETABLES WITH SALAD.**

## **OR**

**A CUP OF CHICKEN SOUP, A PIECE OF BOILED CHICKEN OR  
FISH, SALAD OR A PIECE OF FRUIT.**

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# **DIET FOR MUSCLES**

## **NOTE**

**EAT AFTER EVERY 2 HOURS (7 MEALS A DAY)**

## **BREAK FAST**

**4 BOILED EGGS WITH OUT YOLKS.**

## **2<sup>ND</sup> MEAL**

**2 FRESH APPLES OR FRUTTS**

## **3<sup>RD</sup> MEAL**

**6 BOILED EGGS WITH OUT YOLKS**

## **4<sup>TH</sup> MEAL**

**3 FRESH APPLES OR OTHER FRUIT**

## **5<sup>TH</sup> MEAL**

**4 BOILED EGGS (WITH OUT YOLKS)**

## **6<sup>TH</sup> MEAL**

**2 FRESH APPLES OR OTHER FRUIT**

## **7<sup>TH</sup> MEAL**

**SKIMMED MILK**

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# **DIET FOR MASS**

**EAT AFTER EVERY TWO HOURS & DO NOT SKIP YOUR MEALS. BREAK FAST, LUNCH & DINNER ARE NOT INCLUDED IN THIS ROUTINE.**

## **1<sup>ST</sup> MEAL**

**OAT MEAL**

## **2<sup>ND</sup> MEAL**

**6 BOILED EGGS (1 WITH YOLK & REST WITH OUT IT)**

## **3<sup>RD</sup> MEAL**

**BANANA MILK SHAKE WITH CREAM**

## **4<sup>TH</sup> MEAL**

**250 GRAMS BEEF**

## **5<sup>TH</sup> MEAL**

**BOILED POTATOES & RICE**

## **6<sup>TH</sup> MEAL**

**2 FRESH APPLES OR SALAD**

## **7<sup>TH</sup> MEAL**

**CHICKEN TIKKA OR CHICKEN BREAST**

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# **DIET FOR BULK UP**

## **MORNING**

**2-3 EGGS BOILED OR FRIED, 2-3 SLICES OF BREAD WITH BUTTER OR CHEESE, 1-2 GLASSES OF FULL CREAM MILK.**

## **MID MORNING**

**1-2 SLICES OF CHEESE & MEAT SANDWICH, 1 GLASS OF MILK OR FRUIT.**

## **EVENING**

**CHICKEN/FISH/MEAT WITH BOILED RICE & FRUITS. 1 GLASS OF BANANA SHAKE.**

## **AT 6:30 EVENING**

**2-3 BOILED EGGS, 2 SLICES OF CHEESE & 1 GLASS OF FULL CREAM MILK.**

## **AFTER DINNER**

**2 GLASSES OF FULL CREAM MILK BEFORE GOING TO BED.**

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# **PROFESSIONEL DIET CHART**

## **TOTAL MASS WITH SUPPLEMENTS**

### **MEAL # 1**

**4 GLASSES OF WATER**

### **MEAL # 2**

**5 EGGS WITH OUT YOLK**

### **MEAL # 3**

**BANANA SHAKE**

### **MEAL # 4**

**1 SCOOP OF SERIOUS MASS (FOOD SUPPLEMENT)  
MIXED WITH ONE GLASS OF MILK**

### **MEAL # 5**

**1 APPLE & 1 TABLET OF MULTIVITAMIN, 5 GRAMS OF  
CREATINE MONO HYDRATE MIXED WITH ONE GLASS OF  
WATER**

### **MEAL # 6**

**1-2 SCOOPS OF SERIOUS MASS WITH 250 ML OF MILK**

### **MEAL # 7**

**100 GRAMS BOILED RICE WITH 50 GRAMS OF BOILED  
POTATOES**

### **MEAL # 8**

**100 GRAMS STEAMED CHICKEN**

### **MEAL # 9**

**ICE CREAM/FALUDA**

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# PROFESSIONEL DIET CHART

## NOTES

- 1) WORK OUT SHOULD BE NO MORE THAN AN HOUR
- 2) THIS PLAN IS FOR AT LEAST INTERMEDIATE LEVEL ECTOMORPHS
- 3) MEALS SHOULD BE TAKEN AFTER EVERY 1 HOUR.
- 4) DRINK WATER WHEN EVER POSSIBLE
- 5) TAKE AT LEAST 8 HOURS OF SLEEP

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# BEST SUPPLEMENTS

- 1) SERIOUS MASS
- 2) AMINO 2,2,2,2
- 3) WHEY PROTEIN
- 4) 2 MASS
- 5) CELL MASS
- 6) SYNTHA PROTEIN
- 7) NO EXPLODE
- 8) ANIMAL PAK
- 9) GAIN FAST
- 10) N-LARGE
- 11) PROTEIN MONOHYDRATE
- 12) SUPER GAINER FUEL 10,000
- 13) MEGA CREATINE FUEL
- 14) AMINO FOOD 2000
- 15) REPEAT FUEL
- 16) MUSCLE TWICE
- 17) CUT TWO
- 18) ANIMAL CUT
- 19) NITRO TECH
- 20) MESO TECH
- 21) CELL TECH
- 22) HYDROXY CUT
- 23) RIP-O-BLACK
- 24) CREATINE (6 STAR) MUSCLE TECH
- 25) EGG PROTEIN
- 26) NANO VAPOUR
- 27) MYO PLEX
- 28) AMINO ANABOLIC 10,000
- 29) WHEY PROTEIN (PRO LAB)
- 30) LIPO 6

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# **BEST SUPPLEMENTS**

## **NOTE**

**PLEASE! DO NOT TAKE THESE ABOVE LISTED SUPPLEMENTS WITHOUT CONSULTING YOU PERSONAL TRAINER OR PHYSICIAN.**

## **ASK BEFORE USE**

**THESE SUPPLEMENTS CREATES CERTAIN PSCOLOGICAL PROBLEMS IN PAKISTAN BECAUSE OF WARM SEASON AND STRESS FACTOR. TO COUNTER THIS WE DO NOT USE THEM ACCORDING TO THE RECOMMENDED DOSAGE!**

## **FOR EXAMPLE**

**IF A PERSON USES PRO PERFORMANCE (GNC) ACCORDING TO THE RECOMMENDED DOSAGE THEN IT WILL BE FINISHED IN 11 DAYS. INSTEAD OF THIS, WE FINISH IT IN 2 MONTHS. SO IT IS BETTER TO TAKE 10% OF SUPPLEMENTS & 90% OF NORMAL MEALS.**

**(KEEP IN MIND THAT PRO PERFORMANCE (GNC) SUPPLIES THE BEST PRODUCTS!**

- 1) WEIGHT GAINER 1850**
- 2) WEIGHT GAINER 2200 GOLD**
- 3) AMINO 2000**
- 4) WHEY PROTEIN**
- 5) CREATINE**
- 6) GNC MULTIVITAMIN A TO Z**

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# **DIET CHART**

**ROUTINE NO. 27**

**BODY SHAPING WORKOUT FOR ENDOMORPH IN 8 WEEKS**

**LEVEL 1**

**WEEK 1-3-5-7**

## **MORNING**

**1 LEMON SQUEEZED IN A GLASS OF WATER  
4 DATES**

## **12:00 MID DAY**

**5 GRAMS LETTUCE**

## **LUNCH TIME**

**100 GRAMS BOILED RICE**

## **4:00 PM**

**1 TABLET MULTI VITAMIN**

## **4:30 PM**

**DO YOUR EXERCISE  
EAT SIX EGGS WITH OUT YOLK**

## **9:00 AM**

**1 GLASS SKIMMED MILK**

## **11:00 AM**

**SLEEP**

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# **DIET CHART**

**ROUTINE NO. 27**

**BODY SHAPING WORKOUT FOR ENDOMORPH IN 8 WEEKS**

**LEVEL 2**

**WEEK 2-4-6-8**

## **MORNING**

**1 GLASS OF CUCUMBER JUICE**

**10 GRAM KAJOO**

## **12:00 MID DAY**

**2 BANANAS**

## **LUNCH**

**100 GRAMS STEAMED FISH**

## **4:00 PM**

**1 TABLET VITAMIN E**

## **4:30 PM**

**EXERCISE**

## **AFTER EXERCISE**

**BOILED CHICKEN 100 GRAMS**

## **9:00 AM**

**1 GLASS ORANGE JUICE**

## **11:00 AM**

**SLEEP**

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# **FOODS FOR BULK UP**

- 1) SWEET POTATO**
- 2) CONDENSED MILK**
- 3) SHERBATS/SYRUPS**
- 4) COLD DRINKS**
- 5) CANNED FRUITS**
- 6) CHEWING GUMS**
- 7) CHOCOLATES**
- 8) BAKERY ITEMS**
- 9) INJEER**
- 10) PUDDING**
- 11) SUGAR CANE SUGAR**
- 12) DATES**
- 13) JAMS/JELLIES/MARMALADES**
- 14) HONEY**
- 15) FRUIT JUICES**
- 16) RAISINS**
- 17) FULL CREAM MILK**
- 18) COOKING OIL**
- 19) YAMS FLOUR**
- 20) PORRIDGE**
- 21) RICE**
- 22) CHEESE**
- 23) SPAGHETTI**
- 24) ICE CREAM**
- 25) NOODLES**
- 25) CEREALS**
- 26) MANGO**
- 27) CHICKEN**
- 28) FISH**
- 29) CUSTARD APPLE**
- 30) FRIED ITEMS**

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# **FOODS FOR BULK UP**

- 31) APRICOT**
- 32) APPLE**
- 33) CORN**
- 34) WATER MELON**
- 35) BUTTER & MARGRAINE**
- 36) EGGS**
- 37) BANANAS**
- 38) LEAN BEEF/MUTTON**
- 39) POTATO**

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# **DIET FOR CUTS & SHAPE**

- 1) LEMON**
- 2) ORANGE**
- 3) PAPAYA**
- 4) WHITE MEAT**
- 6) RED MEAT**
- 7) DIET RICH IN IRON**
- 8) EGGS**
- 9) SKIMMED MILK**
- 10) YAMS**
- 11) VEGETABLES**
- 12) GREEN TEA**
- 13) GRAPE FRUIT**

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# **THE GREAT GREAT FOOD SUPPLEMENTS**

## **FRUIT SHAKE**

### **RECIPE & INGREDIENTS**

- A) 1/2 KGS BANANA/CHEEKO/DATES/MANGO**
- B) 1/2 KGS MILK PACK**
- C) 50 GRAMS FRESH CREAM**
- D) 1 TEA SPOON CONDENSES MILK**
- E) 1 TEA SPOON HONEY**
- F) 10 GRAMS CHAR MAGAZ**

**MIX & GRIND ALL THESE INGREDIENTS IN GRINDER.CHILL FOR 10 MINUTES IN THE FRIDGE. USE AFTER WORK OUT.**

## **POWDERED SUPPLEMENT**

**THIS SUPPLEMENT IS MADE FROM DRIED FRUITS. DRY FRUITS ARE BRST FOR BODY BUILDERS**

### **RECIPE & INGREDIENTS**

- A) 250 GRAMS KAJU**
- B) 200 GRAMS BADAM**
- C) 1000 GRAM AKHROT**
- D) 100 GRAM PISTA**
- E) 200 GRAM CHAR MAGHAZ**
- F) 200 GRAM MILO**
- G) 200 GRAM ISAPAGOL**
- H) 100 GRAM CHILGOZA**

**GRIND ALL THESE INGREDIENTS & FORM INTO FINE POWDER FORM. KEEP IT IN 1200 GRAMS JAR. USE IT DAILY AFTER WORKOUT. TAKE 2 TABLE SPOONS/10 GRAMS MIXED WITH 1 GLASS/250 ML OF MILK. MIX SOME ICE CREAM IN IT FOR BETTER RESULTS.**

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# **THE GREAT GREAT FOOD SUPPLEMENTS**

## **NOTE**

**THE ABOVE DRY FRUIT SUPPLEMENT IS ONLY FOR  
ECTOMORPH (LESS MUSCLE MASS MORE SKIN) BODY.**

## **SUPPLEMENTS BEFORE WORK OUT**

**1) 3 DATES/DRY DATES**

**2) 250 GRAM SWEET POTATOES**

**3) 2 BANANAS**

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# **I AM MUSCULAR**

## **DIET ROUTINE NO.38**

- 1) SEA FOOD DAILY 250 GRAMS**
- 2) CHICKEN DAILY 250 FRAMS**
- 3) 10 BOILED EGGS DAILY WITHOUT YOLKS**
- 4) 1 SCOOP OF WHEY PROTEIN**

### **NOTE**

**WEAR GLOVES, SOCKS, UPPER DURING EXERCISE TO GET  
BEST RESULTS.**

### **JUICES & SOUPS**

- 1) CUCUMBER JUICE**
- 2) CARROT JUICE**
- 3) SWEET POTATO SOUP**
- 4) BOILED POTATO SOUP**
- 5) POMEGRANATE JUICE**

**DRINK 4 LITERS OF WATER DAILY  
1 TABLET OF MULTIVITAMIN SUCH AS CENTRUM SILVER  
1 TABLET OF CALCIUM SUCH AS 1000 CAC**

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# **I AM MUSCULAR**

## **DIET ROUTINE NO.38**

**USE THIS DIET CHART ACCORDING TO YOUR TRAINING**

### **MORNING 5 O CLOCK**

**1 GLASS OF APPLE JUICE**

**5:30**

**2 GLASSES OF WATER**

**6:30**

**10 EGGS WHITES**

**7:30**

**1 TABLET OF MULTI VITAMIN**

**8:00**

**4 GLASSES OF WATER**

**10:00**

**1 GLASS OF POMEGRANATE JUICE**

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# **I AM MUSCULAR**

## **DIET ROUTINE NO.38**

**11:00**

**250 GRAMS YOGURT**

**12:30**

**1 TABLET OF CALCIUM CAC 1000 WITH 1 GLASS OF APPLE  
JUICE**

**1:30**

**250 GRAMS FISH**

**3:00**

**MIX CARROT & CUCUMBER JUICE**

**3:30**

**EXERCISE**

**5:30**

**1 SCOOP OF WHEY PROTEIN**

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# **I AM MUSCULAR**

## **DIET ROUTINE NO.38**

**6:30-9:30**

**DRINK AS MUCH AS WATER AS YOU CAN**

**10:00**

**250 GRAMS BARBECUED OR STEAMED CHICKEN**

**12:00**

**SLEEP**

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## **4 WEEKS WEIGHT LOSS DIET PROGRAM**

**FOLLOW THE FOLLOWING DIET PROGRAM & YOU WILL BE  
ABLE TO REDUCE 10 KGS OF WEIGHT INSHAALLAH!**

### **MEAL 1**

**1 GLASS APPLE JUICE**

**AFTER ONE HOUR**

### **MEAL 2 (BREAK FAST)**

**2 EGGS WITH OUT YOLK & 1 GLASS OF SKIMMED MILK**

**AFTER 2 HOURS**

### **MEAL 3**

**1 MULTI VITAMIN & CALCIUM TABLET WITH 1 GLASS OF  
WATER**

**AFTER 1 HOUR**

### **EXERCISE FOR 60 MINUTES**

**AFTER EXERCISE**

### **MEAL 4**

**1 GLASS OF PROTEIN SHAKE**

**AFTER 1 HOUR**

### **MEAL 5 (LUNCH)**

**BOILED CHICKEN & RICE**

**AFTER 2 HOURS**

### **MEAL 6**

**1 GLASS POMEGRANATE JUICE**

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## **4 WEEKS WEIGHT LOSS DIET PROGRAM**

**AFTER 2 HOURS**

**DRINK 4-6 CUPS OF GREEN TEA IN SHORT INTERVALS**

**AFTER 4 HOURS**

### **MEAL 7 (DINNER)**

**1 PIECE OF CHICKEN TIKKA WITHOUT SPICES**

**OR**

**FINGER FISH 100 GRAMS**

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# **3 WEEKS WEIGHT LOSS DIET PROGRAM**

**IF YOU SERIOUSLY WANT TO LOSE WEIGHT THAN FOLLOW THIS DIET PROGRAM.**

## **DAY 1**

**ONLY MENU FOR DAY 1 IS APPLE FOR BREAK FAST, LUNCH & DINNER)**

## **DAY 2**

**THE ONLY MENU FOR DAY 2 ARE PULSES**

## **DAY 3**

**FASTING & ONLY WATER IS PERMITTED**

## **DAY 4**

**ONLY MENU IS POMEGRANATE**

## **DAY 5**

**ONLY MENU IS CHICKEN**

## **DAY 6**

**ONLY MENU IS BANANA**

## **DAY 7**

**EAT AS YOU WISH**

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**ANY QUESTIONS/INQUIRES ABOUT BODY BUILDING,  
EXERCISES, & FITNESS ARE ANSWERED FOR FREE.**

**WE SUPPLY NUTRITIONAL SUPPLEMENTS (FOREIGN &  
PAKISTAND) ON WHOLE SALE RATES (INCLUDING OUR OWN  
FORMULAS). WE DEAL IN ALL MAJOR BRANDS.**

- 1) OPTIMUM NUTRITION**
- 2) MUSCLE TECH**
- 3) SIX STAR**
- 4) NUTRI SPORTS**
- 5) ULTIMATE NUTRTION**
- 6) ES**
- 7) TWIN LABS**
- 8) PRO LABS**
- 9) UNIVERSAL**
- 10) HEALTHY FIT**
- & MUCH MUCH MORE.**

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SIND  
ISLAMIC REPUBLIC OF PAKISTAN**

# EXERCISE GURU



**SHAKEEL AHMED IS A VETERAN OF FITNESS & NUTRITION SCIENCES, IN THE FIELD FROM 1990 TILL PRESENT. THIS MANUAL REFLECTS HIS EXPERIENCE & EXPERTISE & I SINCERELY HOPE THAT YOUNGSTERS WILL GAIN SOMETHING FROM THIS.**

**SHAHBAZ DAR**

**DAR HEALTH EQUIPMENTS**